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Eugene Weekly

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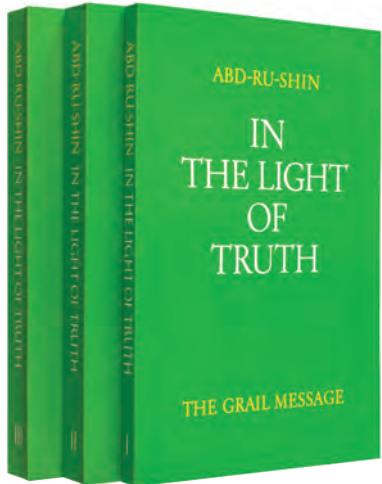
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— Abd-ru-shin

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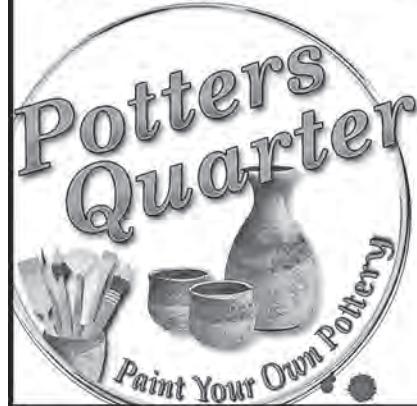
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OPINION

letters

The Power of Three?

At the start of the Lane County Commission meeting, to vote on a last-minute proposal from a private law firm, Commissioner Pat Farr had Ryan Ceniga's nameplate before him and vice versa. A foreshadowing of what was to come. The three conservatives (Ceniga, Farr and David Loveall) were going to speak as one. It didn't matter whose nameplate they had.

Before voting, Farr spoke their minds. After giving a soliloquy about democracy, Farr explained: "So, if anybody in this room disagrees with me that the ballot is the ultimate way to test democracy, raise your hand."

I didn't raise my hand because democracy is more complicated than that. For democracy to work people need to have an informing, equitable and fair process. This last-minute proposal from a law firm with little public notice or engagement is not that. A similar thing happened in 2011. The redistricting task force presented the commissioners several redistricting maps. At the last minute, then Commissioner Jay Bozovich introduced his map, which strategically gerrymandered the Whiteaker from North Eugene into South Eugene and was adopted. So now in 2024 they want to gerrymander again — designate Roosevelt Boulevard as the district boundary between

North and South Eugene. This will remove liberal-leaning voters from Farr's district. Choosing voters — instead of the voters choosing him — is not democracy.

The population is getting browner, so white conservatives gerrymander and suppress votes with scant public information (or misinformation) to stay in power. Let's stop gerrymandering. Vote no Nov. 5.

*Debra Higbee
Eugene*

The Cojones of it All

I was summoned to jury duty in July. Now, I am 70 years old, which means I could have opted out, but I have served on juries before and I find it quite rewarding. I ride my bike to most places I go for both the exercise and the environment. I know Eugene is famous for bike thefts and was pleased to find that the county building had bike racks and security cameras right outside the entrance.

I secured my bike in the racks under a security camera thinking who would be so bold. As it turns out, Eugene bike thieves are that bold. I came out on lunch break to take a walk and I noticed my reliable Santa Cruz Superlight was gone. I notified the jury selection people and they helped me get a hold of the Eugene Police Department to make a report. The officer asked if there was a security camera overlooking the spot and I told him there was, so he made a request for the footage for his investigation. The security guard on duty said it should be no problem. Well, it's August and the police still haven't received the footage.



Lane County Crisis Line // Has Launched!

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It Must Be the Climate

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As Eugene works to meet its Climate Recovery Ordinance Goals and transition our community off of fossil fuels, our publicly owned utility Eugene Water and Electric Board (EWEB) will be critical to ensuring that electricity remains accessible and affordable for everyone, while increasing the sustainability and resiliency of our energy system.

That is why clean energy experts and community leaders with the Fossil Free Eugene Coalition are calling on EWEB to make significant changes to how they bill customers (often referred to as "rate design") over the coming months. Specifically, we urge EWEB to implement progressive rates that protect residential customers – especially lower-income households – from rising costs. Progressive rate design, which socializes the costs of energy infrastructure by charging lower-income customers less for power and high-income customers more, is not just good energy policy: it can impact all aspects of ratepayers' lives. As energy costs take up more of a household's income, working families are forced to choose between paying electricity bills and paying rent, buying food, or accessing health care. Lower rates can therefore help to solve one piece of the housing affordability puzzle in Eugene.

According to a study by the American Council for an Energy-Efficient Economy, 25% of all U.S. households experience high levels of energy burden, defined as spending over 6% of their income on utility bills. These impacts are not borne equally: Black, Indigenous, and People of Color households experience disproportionate energy burden. Progressive rate design coupled with generous low-income energy assistance programs can alleviate existing energy burden while helping historically disadvantaged communities see reductions in future energy costs as housing transitions from polluting fracked gas to clean electricity.

Author Dylan Plummer is the Campaign Advisor for Building Electrification Campaign



RATE REFORM IS A CLIMATE JUSTICE ISSUE

While EWEB already has a program to reduce qualifying low-income customers' bills by up to \$280 each year, this program suffers from offering only a one-size-fits-all approach. Energy burden can vary widely among households – due to inefficient heating systems and lack of insulation – and many of low-income households also may not have the time, resources or ability to change those systems.

EWEB's current low-income program could be expanded in a few different ways. One approach requires looking at creating energy price tiers for the fixed charges that customers pay for their electricity service. This is the portion of your bill that goes towards the "fixed" costs of the energy system, such as maintaining the grid. Whereas, traditionally, all residential customers have paid the same fixed charge, California recently adopted an income-based system where the lower tiers pay a \$6 and \$12 fixed charge respectively. All other customers fall in the highest tier of \$24 per month. So while the cost of the energy itself is the same for all customers, lower-income customers' bills start from the lower basic \$6 or \$12 fee. Such a program could go even further, offering the lowest income customers a \$0 fixed charge, creating more tiers, and gradually increasing the higher maximum fixed charge for the wealthiest customers.

A second approach requires capping bills so that no customer is experiencing an undue excessive burden. The way this works is replacing its existing bill assistance program with a more flexible alternative such as a percent-of-income payment program (PIPP) to better protect affordability for low-income customers. A PIPP caps energy bills for qualifying households at a certain set percentage of their income, allowing EWEB to provide tailored assistance to low-income households, ensuring that no one in our community experiences an excessive energy burden. PIPPs have been effective at addressing issues of affordability and are currently in place in ten states. We recommend that EWEB implement a PIPP with a cap on electric rates at least as low as 6% of income for homes heated with electricity, and 3% for homes heated with gas. Alternatively, EWEB could imitate Nevada's Energy Assistance Program, which aims to cap electric rates for all low-income households at the level of the statewide median energy burden (about 3%).

Another key approach EWEB should consider to offset any lost revenue from lowering costs for low-income households is "boutique" rate design, including time-of-use rates for commercial customers. Time-of-use rates mean that customers will be charged more for using energy when energy prices are at their most expensive. These policies discourage energy use that strains the grid during times of peak energy use, while generating additional revenues for the utility to support their generous bill assistance programs. Colorado is taking targeted time-of-use rate models a step further by offering seasonal bill discounts to residential customers using high efficiency heat pumps for heating in the winter. This approach provides economic relief during months with the highest energy bills and creates a clear incentive for homes to transition to heat pumps to reduce emissions and energy usage.

Amid myriad exciting options for our public utility to pursue a smooth and equitable transition to 100% renewable electricity, one option is off the table: doing nothing. Our progressive utility needs progressive rates to keep up with the changing times, and to continue its national leadership on climate and equity.

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Everyone says to file a report as quickly as possible, and I have to say EPD was quick to respond; but what good is that if the county won't even get off of their duffs and provide the security footage? Why didn't county security personnel go right to the video while the officer was there? I mean it's a sheriff's office for crying out loud!

Don't they care that a felony theft occurred right under their noses? Aren't they embarrassed? They should be! And if they're not going to make the most basic effort to help find it, then they should be liable for the cost of my bike.

John Zuconni
Eugene

A Brick of a Complaint

The typeface for your current masthead has that "cool 1950s vibe." Cigarette advertisers should feel nostalgic and welcome. Seriously, really? Oh, and if you're going to keep it, at least fix the kerning.

Stephen Stanley
Eugene

The Hungarian Stomp at 0200 hours

KWAX, FM, 91.1, classical music radio is wonderful. As of this very day a symphony presentation, various piano concertos, chamber music and the program "Sunday Baroque" drifted on the breeze where I live in the woods.

I have outside speakers to entertain plants, flowers, wildlife and the occasional feral human visitor.

Classical music, generally speaking, is

a collection of soloists managing to get along without causing too much grief for those listening. Aye?

That said, I have had problems with KWAX radio late at night.

Which DJ thought it a great idea to play woodfloor stomping Hungarian folk dance music at 0200 hours, I can't imagine.

"Stomp! Bang! Hey!"

Startled me right out of a pleasant sleep. Had me reaching for a weapon.

My mind could "see" strong, exuberant men doing that deep-knee crunching dance. The one with arms folded across the chest. Beards tucked into belts. Crowd clapping time. Stomp!

"Hey!"

Ye gad!?

Don't misunderstand. After a whisky in the afternoon, we might join in the festivities.

I am a decorated combat veteran, 74 yrs old. Me heart is nay 20 anymore.

Any DJ should know where selected music goes. Hospice clinics? Kindly, gentle people, gone to their dreamland.

What time? Like, day or night.

Whatever an overnight DJ does to stay awake would be a private matter, but it should not include brass band marching music before sunrise nor vodka swilling Cossacks at a pig slaughter celebration.

Ed Reynolds
Eugene

Amplify Black Voices

I was happy to pick up the August 1 issue on a recent visit to Eugene, and grateful

to learn about the bulldozing of the Black community of Ferry Street Village in 1948. I only wish the story was featured on the cover, rather than the issue's cover celebrating the accomplishments of a white male.

Educating the white readers of *Eugene Weekly* is only the tip of the iceberg toward dismantling institutionalized racism, and articles such as "Across the Bridge, A Village" deserve to be cover stories. I hope you will continue to amplify Black stories that uplift and encourage reconciliation and healing from racism.

Katie Schuessler
Brooklyn, New York

Better Care for Foster Care

On Saturday morning August 3, our community lost another young person to suicide. Jacob Doriety was only 17 years old and in our Oregon foster care system most of them.

Like too many others, he was shuffled through a myriad of temporary situations, experiencing over 50 different placements in just the last two years of his life. Oregon's foster care practices are harmful and dehumanizing, and they have been repeatedly ruled illegal. Advocates and judges have been warning about the dangers for decades.

There are no excuses for the Child Welfare Division continuing to flout court rulings, causing further anguish to already vulnerable and traumatized youth. This agency needs a complete review by an outside auditor, and the leadership

responsible for these deadly policies must be held accountable.

Jacob, you deserved so much more from your community. I am heartbroken we failed you like this. We must demand better of ourselves in honor of your memory. As a foster care survivor, I will not forget you and I will never stop fighting for you.

Mike McFadden
Eugene

But Did EWEB Listen?

Looking back on the way EWEB handled the smart meter rollout, I see a missed opportunity for community goodwill, more informed decision-making and true democratic principles.

Yes, EWEB did let the public know about the mandate and did allow speakers to make their case at various board meetings, but as far as I know, EWEB didn't really listen to other options and acted tyrannically on the engineering logic of expediency and efficiency. In fact, the letter we received simply threatened us with fines or shut off if we didn't accept the change.

How different it could have been if EWEB had shown more compassion, in particular for those who are especially sensitive to electro-magnetic frequencies, by providing them with free smart meter covers or EMF blankets, for example. To my mind, building strong communities is about kindness, neighborliness and respectful communication, not threats and mandates.

Jack Cooper
Eugene

Local & Vocal Black Girl from Eugene by Ayisha Elliott

Love Through Hate

Kamala Harris and surviving and exceeding in white culture

Right now Black women are focusing on the greater good in no other way or direction that we have ever had in the history of this country.

Black women have factually driven all social rights movements to success, have held and healed the pain in our own communities and offered guidance to every other community. Black women have continued on from the naysayers, misogyny, systemic, institutional, personal racism to being the highest educated group in the U.S. for the past five years — dominating with grace and even humility.

Having a woman run the very institutions designed to maintain her position as subservient is uncomfortable. It's uncomfortable for white folx, it's uncomfortable for Black folx.

There is uncertainty of loyalty, of the damage endured through the positions Democratic presidential nominee Kamala Harris has held. I see that she centers herself within two cultures that are not white. There are conversations and approaches to life she has had as she grew up that were only conversations of excellence about how to be 10 times better just to get half the recognition. This mentality has to be deeply ingrained as it shapes your identity.

Harris was taught and groomed in extremely Black institutions and in every level of her education her identity

was enriched. After this, her accomplishments throughout her employment as an attorney, a DA, and the vice president of the U.S. are all indications that not only does she understand white supremacy culture but can navigate it without losing her grounding. That is remarkable.

There are no institutional establishments within this country that aren't working diligently to prevent this level of accomplishment for women of the global majority, for women who are non-white. To their distress, the people of the global majority have awoken and are rightfully occupying positions that can help our communities. We are all trying to work around or through the institutions that uphold the privileged for first place in opportunities they could grow in.

I believe that supremacy, by nature, lacks dimension. The lack of creativity, cultural exposure, humility, mental and spiritual balance, discipline and drive aren't synonyms with privilege. However, to survive white supremacy those very traits are what not only help you survive it, but dismantle it and recreate a community of belonging.

Black women know this. Black women not only teach it, share it, but exude it, and just by the evidence of nothing ever being shared or handed to us, we've created it.

To this day, we will still make sure the youngest, weakest, most frustrated are heard, seen and included.

There is no question that being Black matters. There

is no question that being an aware Black woman is a force to be reckoned with, but this force is not the same you are used to. It doesn't come in the form of oppression, it comes in the form of expectation — the expectation is that we, as a collective community, can do hard things.

To people who doubt the ability of Black women, there's no need to apologize. Even if we make it to the end of this election cycle and are able to help curate a new direction for this country, it will be difficult.

Just commit to yourself, to do better. Work on deconstructing old beliefs that haven't served you. It's not because someone is Black or a woman or non-binary, disabled, or an immigrant as to why they have a position or a ranking. Nothing has been given away. It is because they forgave, they ignored, they focused on a bigger picture and persisted anyway. Things you've never seen, things we've collectively only dreamed of, can be done with a dedication to what is best for the greater good of humanity.

This is a Black woman's motto. We can love through hate, and if Black women haven't shown you anything else, I'm willing to bet, it's that.

Ayisha Elliott's podcast *Black Girl From Eugene* is raw and uncensored monologues and conversations about living while Black in the PNW. Listen locally at 11 am Sundays on FB Live; simulcast on KEPW 97.3 FM. Find it on all major podcasting platforms. You can support BGFE at Patreon.com/Blackgirlfromeugene.

MAGA and the County Charter

Is MAGA rearing its head in Lane County?

Why do the three male conservative county commissioners want to redraw county voting districts well before the usual timeline? Usually it is done every 10 years after the census. Why do these commissioners want to waste thousands of public tax dollars to get an unfunded charter

change on the ballot this November when at the same time they are cutting services to county citizens? Why did these elected officials ignore the two years of work and recommendations by their own appointed citizen Charter Review Committee? Why did they support the recommendations of the private law firm Harrang Long?

These recommendations did not have one single citizen supporting the plan in public testimony. Why are these commis-

sioners going against the recommendation of our county clerk and staff that this should not be on the ballot in November? Sure looks like politicians trying to hold onto their own power and positions by gerrymandering.

Don't be fooled by sneaky cheating officials. Vote NO on the ballot measure to amend the charter and write your commissioner to say "foul play"!

Vote NO to prevent gerrymandering and defend our democracy!

Solidarity,

Deb McGee
Eugene

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Local & Vocal Viewpoint By Bob Bussel

In Defense of 'Career Politicians'

There is much to be said for the benefits that come from those making politics a career

In a campaign ad titled "Money and Power," a woman supporting Monique DeSpain's candidacy for Congress declares: "I do think career politicians are part of the problem."

DeSpain, who is seeking to replace Val Hoyle as District 4's congressional representative, follows this statement by asserting that "I am not a career politician." Underscoring the point, DeSpain makes this assertion behind a background picture of Hoyle labeled "career politician."

I have long been fascinated by this line of political argument. For example, we don't hear denunciations of "career doctors," "career teachers," or "career plumbers." In most cases we appreciate the dedication, experience and competence that people develop over the course of an occupational career. However, having a career in politics does not receive similar respect.

How do we explain attempts to discredit political opponents by labeling them as career politicians? The term reflects a deep-seated popular distrust of government, which many see as inherently intrusive, wasteful or corrupt. People who have embraced politics as a career, especially those who serve multiple terms in office, are painted with this

brush. In the eyes of detractors, their longevity inevitably causes them to lose touch with the needs and concerns of ordinary people.

Often, the charge of corruption reflects the belief, as DeSpain's ad suggests, that veteran politicians are only in it for money and power. As one person declared in the ad, "politicians are lining their pockets while people are struggling at home."

Candidates branding their opponents as career politicians typically portray themselves as virtuous outsiders untainted by association with an entrenched and unresponsive system. They propose to use the special insights they have gained in fields such as business, sports, the military or other non-political occupations to repair the dysfunction that permeates our politics.

I certainly recognize the value of people bringing different career experiences to the practice of politics. And I understand the legitimate concern that some long-time politicians (a small percentage in my judgment) can become disengaged, self-interested or fail to represent their constituents effectively.

However, there is much to be said for the benefits that

come with making politics a career. Many career politicians learn valuable skills such as the art of negotiation and compromise, listening carefully and adapting to meet the needs of constituents, developing productive working relationships with colleagues, and crafting solutions that improve the lives of people and their communities.

I can see these qualities in prominent Lane County officials with long political careers, including former Congressman Peter DeFazio, former Eugene mayor Kitty Piercy, current County Commissioner Pat Farr and retiring state Rep. Paul Holvey. Each of them compiled impressive records of achievement rooted in their decisions to make politics a career.

It's time to retire the use of the term "career politician" as a line of attack in electoral politics. It only serves to fuel public cynicism about politics as a corrupt or dishonorable enterprise.

Instead, challengers who aim to oust long-serving incumbents should explain their motivations for seeking public office, highlight the values and experiences that have shaped their attitudes, and promote the superiority of their policy proposals. After all, they have decided to pursue a career in politics. They should treat the practice of politics with the respect it deserves.

Bob Bussel is emeritus professor of history and former director of the Labor Education and Research Center at the University of Oregon.

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Cottage Grove Council Cock Up

St. Vincent de Paul was to reopen a homeless shelter and build a new one to the tune of \$2.3 million, while costing the city nothing — until Cottage Grove's city council and its community-at-large pushed them out

BY BENTLEY FREEMAN

More than 140 residents of two homeless camps in Cottage Grove will be evicted on August 22 and moved into a much smaller “kennel-type” dusk-to-dawn camp built on a former dog park. The site can house no more than 60 people, who will need to move their belongings every morning by 7 am.

“They say that it’s unsanitary in here,” says Ashlie Armstrong, an unhoused resident at the 12th Street camp. “However, you’re going to put us in a dog park where dogs shit all goddamn day?”

The move is the latest chapter in the controversial history of how Cottage Grove treats its homeless population in its city politics.

St. Vincent de Paul raised \$2.3 million to operate Cottage Grove’s existing homeless shelter, and build a new, permanent shelter. However, the nonprofit withdrew its bid due to a July 30 recall vote that pushed out city councilors Mike Fleck, Chalice Savage and Alex Dreher.

The city will now pay for everything, including a private security company that will manage the former dog-park-turned-homeless-camp.

The recall vote — led by right-wing group Community Strong Cottage Grove, Mayor Candace Solesbee and Beds For Freezing Nights President Johanna Zee — will be certified by Lane County Elections August 26.

Fleck, who runs the basic needs safety net nonprofit Community Sharing — a nonprofit that helps people meet basic needs like food, clothing and rent — says he thinks the city will never get another chance to bring in that kind of funding to help the community’s homeless population. It’s rare for a seven-figure dollar amount to fall into their laps, Fleck says.

Currently, there are no homeless shelters in Cottage Grove. “We ran out of money,” he adds.

Davette Anderson, a fifth-generation Cottage Grove local — who relies on oxygen tanks to breathe — says she’ll likely have to leave the town she grew up in. “I’m leaving every morning at 7 am with the generator, breath-



ing machine and an oxygen concentrator,” she says. “To go where?”

Fleck says that “90 percent” of the current issues surrounding the unhoused would have been solved by St. Vincent de Paul’s plans, but then Community Strong — and Solesbee — turned their sights onto the nonprofit.

“Our mayor went on the attack and basically scared St. Vincent de Paul out of town,” Fleck says. “It’s a shame.”

Fleck says that even after serving on the council for 17 years, he is slightly relieved the August 12 meeting was his final one as a city councilor. “I love serving our community,” he says, “but I’m just gonna serve in other ways.”

According to Fleck, this “mean-spirited” effort is spearheaded by anti-vaxxers who protested COVID-19 vaccination clinics with brandished firearms and aggressive dogs. “They’ve been harassing us for three years,” he says.

After a while, the homeless became the subject of their vitriol. While he admits Cottage Grove’s response to the homeless crisis could have been better, the city successfully mitigated homeless camps in parks by keeping both camps open.

“I’m proud of my service, and certainly I’m happy to debate with anybody the issues on their merits,” he says.

The city’s only existing shelter on Highway 99, managed by the nonprofit Carry It Forward, closed on June 30, due to a lack of funding.

Two open-air camps opened as overflow sites for the Highway 99 shelter when it was still operating. One is behind the Dari Mart on South 12th Street and the other is behind the Public Works Building off of North Douglas Avenue. Now they’re all that’s left.

Both had free access to water until Public Works reduced the flow to one-third of its usual capacity last month. The camp on 12th Street had power until the city’s Public Works turned it off a few months ago.

Both are now unmanaged, and now there’s nowhere else for Cottage Grove’s homeless campers to go.

Bethany Cartledge, executive director of St. Vincent de Paul Society of Lane County, says that the decision to withdraw could not have been more difficult, but because of the recall vote, the actions of City Councilor Greg Ervin, and the community-at-large’s stance on the issue — their original timeline to offer services by this month could not happen.

According to a letter Cartledge sent to Cottage Grove’s City Council, Ervin appeared at the nonprofit’s Eugene



Service Station unannounced, on behalf of the mayor, "disrupting a planned volunteer event."

Cartledge tells *Eugene Weekly*, "When we saw that there wasn't really a uniform strategy or uniform approach to how to address homelessness in Cottage Grove, we realized this is just not the right time for us to go in, because they, as a community, need to determine what their goals are."

St. Vincent de Paul would have reopened the Highway 99 site, Cartledge says, and built a brand new shelter and service center at the city's water reclamation site, while also managing the two open-air camps — all at no cost to the city.

Jack Boisen, St. Vincent de Paul's director of operations, says they returned their \$900,000 grant to the state since rescinding their bid. "If you apply for a grant, receive the

The city is now on the hook to pay for a private security company to manage the new dusk-to-dawn site. There is no place in town for the unhoused population to go during the day.

Many of the camp residents are employed, but are worried about how they'll pack up their stuff before they go to work.

Armstrong, a senior-care provider who works for the state of Oregon, says this new dog park plan won't work for her. "I work nights. I'm not going to be able to set up at seven o'clock at night, leave at seven in the morning. I go to work at seven," she says.

This isn't the first time camp residents had nowhere to go due to exposure to the elements.

During the ice storm in January many, including Armstrong, used propane generators and heaters to

Records show that Zee then disposed of the extra morphine in a dog poop bucket in her backyard.

When Zee did not activate Beds For Freezing Nights, Armstrong says it was life or death at the camp behind the Dari Mart. Many became trapped in their own tents due to thick layers of ice.

"And so at one point we went around, we started beating on tents just to knock it off, because people were going to die if you didn't," she says.

Michael Towner, a homeless U.S. Army veteran and landscaper who lives at the 12th Street camp, says that he has become comfortable with this battle for survival. "It just becomes natural after you do it for so long," he says.

He says he doesn't know where anybody can go in town. "You're taking somebody that's struggling already, and you're just gonna do more harm than you would helping out," Towner says.

Now the 140-some-odd people at both camps will be funneled into the newly constructed 60-person dusk to dawn site at LuLu's Dog Park, into 8-by-10 "kennels" that won't fit anybody's current tents, says Armstrong.

In 2018, Stephen and Mary Nisewander donated LuLu's Dog Park to Cottage Grove in honor of their dog, LuLu, who passed away. In city documents, the Nisewanders stipulated the park be used as a dog park for at least five years.

Stewart says that the houseless residents are being moved into the dog park temporarily to allow the other sites to be cleaned. Once they are sanitized — which could take up to two months — everyone will be moved into the 12th Street site.

Armstrong asks how a former dog park with "dog piss and shit" is more sanitary than their current living situation.

"We try to keep the area clean, but they're pushing us out," says Curtis Miller, who lives at the 12th Street site, "I just don't know what to do. We have no help. We have nobody to fight for us."

There is a 24-hour window from August 26 to August 27 for interested candidates to submit an application for city councilor to Mindy Roberts, the Cottage Grove city recorder.

'I'm leaving every morning at 7 am with the generator, breathing machine and an oxygen concentrator. To go where?' — DAVETTE ANDERSON

money and then have to return it; that can make things more difficult in the future," he says.

If Cottage Grove changed its mind and wanted the nonprofit to come in and help, St. Vincent de Paul could not make it happen since its funding cycle has already lapsed. "It's not as easy to just slip on if in 60 days the new City Council decides they want to revisit the conversation," Cartledge says.

On August 22, Cottage Grove will be evicting around 140 people, moving them to a new dusk-to-dawn camp at LuLu's Dog Park. The site can accommodate no more than 60 people.

Campers are expected to pack up all of their belongings by 7 am every single morning, and will not be allowed re-entry until 7 pm, according to Public Works Director Faye Stewart.

Without any services open during the day, Cartledge says "it's typically not a successful program."

survive. "We put a burn barrel out in the middle and burned fire that whole week, because what else were we supposed to do?" Armstrong says. "We survived."

This was without the help of Beds For Freezing Nights, the Cottage Grove nonprofit that operates warming centers when it gets below 30 degrees. Its president, Zee, led the recall effort, which focused on the council's homeless crisis response and Community Strong Cottage Grove's perceived failure of it.

According to Fleck — a former volunteer with that organization — the warming centers haven't been activated in at least two years since Zee took the helm.

Zee claims she is a "retired nurse."

However, she surrendered her license after the California Board of Registered Nursing received a complaint stating that Zee took morphine from a deceased patient to "use it as a tool" to admit another patient in her care into hospice.

slant With a Spin

>> The New York Times announced it will no longer be doing election endorsements in New York state and local races — though the Gray Lady will still endorse in presidential elections. It's kind of a weird decision, and the opinion editor did not give a reason for the change. When *The Register-Guard* — at Gannett's push — ceased its opinion pages and thus endorsements, one reason given was controversy. Well, *Eugene Weekly* is always up for a little good trouble, so we will be doing endorsements for local, state and national elections this fall. And if we had more readers in Manhattan, we might endorse candidates in some of the races the *Times* will be ignoring. Got any good questions? What about a fun question? Send them to Editor@EugeneWeekly.com.

>> Speaking of elections, we see that supporters of RFK Jr. are gaining momentum for getting the Kennedy with the worm in his brain on the November ballot with the formation of the "We The People" party. Robert F. Kennedy Jr. is running as an independent, and we're hoping he doesn't leave any dead bear cubs in the park if he does a campaign swing through Oregon.

>> We want to publish stoner stories in our upcoming cannabis issue in September — or at

least the stories you can remember. Maybe it was about the time you shared a bowl with a 35-year-old in Alton Baker Park, after which some old geezer called you a pothead, among other expletives? Well, thank you, old geezer, but now I'm not gonna share my weed with you. Keep them to 150 words max, kids. Email your responses to Editor@EugeneWeekly.com by Sept. 5.

>> In case you were planning to drive up to Skinner Butte to catch the view, rock out or get high, Eugene Parks and Open Space closed the parking lot last week after what they are calling "a series of fires and fireworks incidents." The asphalt lot (really, people?!) will remain closed to vehicles through the end of fire season in early September. Pedestrians and cyclists are still welcome to tramp up to the top.

>> We're always impressed by the plethora of local bands that Eugene boasts. Every day, it seems, a new group takes the stage. Some, however, have decades under their belts. If you've ever dipped your toe into the Eugene music scene, you've probably heard of Riffle. Timothy Patrick, guitarist and lead of the party band, is celebrating his 40th anniversary of owning Riffle. The quartet — featuring Jim Reinking on drums; Gus

Russell on keyboard and bass; and Patrick and Cris Cordero on guitar — plays blues, r&b, rock, country and popular hits. Every Riffle performance is featured in the *Eugene Weekly* calendar. Do you have local music you want added to our calendar? Email Cal@EugeneWeekly.com with the details of your performance or submit online at Calendar.eugeneweekly.com!

>> We went to a memorial service this weekend — it featured the .30.06 rifle that Gene Whitney used to take all the elk he hunted, shots of Fireball in his honor, a whole heck of a lot of Busch Light, a raffle, some good country music and a years and years of good friends and family. One sign of a life well lived is a damn good celebration — something to aspire to, eventually.

>> Keep leaving your furniture on the side of the road, free for the taking — *EW* reporters and interns love free shit. How else could we have found a lovely, plaid, fabric couch that spent its collegiate years in a frat house, making all kinds of memories (in the form of stains). Now it will be returning from whence it came — the streets. Reduce, reuse, recycle, people!



JASON JOHNSON
OF FUZZLORD EFFECTS
Photo by Todd Cooper

DOOM METAL PREPPER

A Eugene-based guitar pedal company is dedicated to creating musical gear based on vintage schematics and wants you to play doom metal (or whatever type of music you like) BY HENRY HOUSTON

Like most good stories, this begins in a grocery store parking lot.

As a guitar player, I'm always looking at guitars and guitar equipment, and that search has led me to an Albertsons parking lot, where I'm trading a Fender reverb pedal with someone I've met online who's willing to part with a Fuzzlord Effects Drone Master distortion pedal.

I spent the night before scrolling through YouTube reviews of the pedal to make sure it's something I want. What I don't find out until the trade has been made is that Fuzzlord is based in Eugene. This nugget of information takes me on a trip to a quiet neighborhood in Santa Clara to meet with Jason Johnson, the wizarding mind behind Fuzzlord Effects, a company that has been arming musicians with hand-wired pedals for the past eight years.

Since starting his company, Johnson has earned a reputation among musicians for creating high-quality gear but also investing time on his growing YouTube channel that teaches guitarists how to create pedals and prepare their gear to play doom metal, a subgenre of metal known for its slow tempos and droning, thick sounds with roots going back to Black Sabbath.

"He's definitely not stingy with his knowledge, but he doesn't have to just spout it every second," guitarist and vocalist Mike Scheidt says about Johnson. Scheidt plays with Yob, a doom metal band that's been recording and touring for the past 25 years.

"He can just be somebody in the room with you, enjoy-

ing a sound or talking about a riff or talking about a band, and not necessarily having to just break it all apart every second."

Pedals allow guitarists to dial in specific tones. The next time you're at a show, take a look at where the guitarist is standing and you'll likely see them stomping away at certain parts of the song. Pedals can alter a guitarist's (or bassist's) tone to distort, delay, reverberate, boost, meow — and more. The options are endless, and that's what drives so many guitarists (like myself) to suffer from "gear acquisition syndrome" (aka GAS).

Getting fuzzy

When Johnson started Fuzzlord in 2016, he focused on distortion and fuzz pedals, inspired by the electronic schematics of rare and out-of-production guitar pedals from the '60s and '70s, such as the Univox Super Fuzz pedal, a model that Jimi Hendrix and The Who's Pete Townsend used in the past.

Fuzz pedals, for example, can be used in different ways. Maybe it's a wall of sound that booms like a jet that Smashing Pumpkins uses on "Today," a saxophone-like tone that Keith Richards has in the Rolling Stones' "(I Can't Get No) Satisfaction" or the cool warm texture that Hendrix has in "Foxey Lady."

In more technical terms of how a fuzz pedal works, Johnson breaks down the circuit board as "several transistors running into each other, amplifying the guitar signal. Each stage is driving the next one really hard, and gets

more of a square wave if you were to look at the audio signal like on a screen."

Before he founded Fuzzlord Effects, Johnson says he was unable to find the right tone from guitar pedals he was using. After spending some time making custom order units for buyers, he went back to college to study electrical engineering at Oregon State University. While classmates were likely looking at lucrative careers with Boeing or HP, Johnson was wanting to work for a music company like Fender or Orange. That earned him the nickname of "fuzzbox guy" from one of his professors, he recalls.

Rather than working for one of the more established music gear companies after he graduated in 2017, Johnson devoted his full time focus to Fuzzlord Effects. He started Fuzzlord shortly before his final year, and would sometimes get attention from classmates and instructors while designing guitar pedal schematics in class, he recalls.

The pedal schematic that he would get caught drawing in class would go on to be the company's first pedal, the FET120, a fuzz distortion pedal modeled after the British-based Orange amplifier from the '70s.

In the early years of the company, Johnson says, he worked nonstop to hand-wire around 25 to 30 pedals a year. Those would sell out quickly, leaving many people bummed they'd miss out on the pedals when they were in stock, he says. Today, he has another person helping with assembling pedals, helping the company meet the growing demand for pedals.

"It's been eight years now," Johnson says. "I don't see myself stopping anytime soon. I'd be really happy getting a

larger team together. I know a lot of people are interested in working with pedals, and I'd feel good about providing more jobs."

In addition to tone, part of what makes Fuzzlord Effects' pedals stand out compared to more mainstream gear is the art that goes with the pedals. To match the musical vibes of the '70s, many of his pedals have artwork that look like they could be characters from Ralph Bakshi's *Wizards* or *Lord of the Rings* movies.

Design and artwork in pedals is important for Fuzzlord Effects, and Johnson says he collaborates with artists around the world. Having interesting design and artwork allows a musician to have a connection with the gear or instrument, he says. Whether you're playing a Gibson SG because Tony Iommi of Black Sabbath did or a Fender Telecaster like Keith Richards, that connection is what keeps you engaged with music.

Doom and Bloom

Despite being a small operation compared to larger pedal companies that have teams dedicated to designing and manufacturing one specific pedal, Fuzzlord Effects has caught on with popular bands. Johnson says he's worked with artists across genres, including doom metal Conan, blues Buffalo Nichols, rapper Ghostmane and emo My Chemical Romance. And for several years, Yob's Scheidt has been collaborating with Fuzzlord.

Scheidt, who occasionally appears on Fuzzlord Effects' YouTube channel, first found out about Fuzzlord while working at McKenzie River Music when Johnson brought some of his pedals to the store. Although the Eugene music shop didn't buy any of the pedals, Scheidt went to Johnson's shop, tried out some of Fuzzlord Effects' pedals and the two became friends.

For many years, Portland-based Andy Martin has been one of the gold standards for demonstrating music gear, including guitars, amps and pedals. His videos may not be independent reviews of the gear, as he works with manufacturers to highlight their gear, but he's nevertheless gained an online following for what he can capture on a YouTube video for online retailers like Reverb.

Two years ago, before Martin agreed to demo Fuzzlord Effects' Drone Master, he first had to open the pedal to see what's inside, Martin says over email. "I was assured by its construction that Jason has the experience to design and layout a quality product without having to farm it out," he says.

What stuck out in its design and sound was that the pedal was a re-imagined Rat circuit and how he combined the legendary circuit with fuzz elements preferred by the metal community, Martin says. Rat pedals are one of the most beloved distortion pedals for guitarists. They've been used by Pink Floyd, Arctic Monkeys, John Scofield and probably most guitarists on the local scene. "I don't



THE DARK MASTER DELAY PEDAL IS WHAT DOOM METAL YOB VOCALIST AND GUITARIST MIKE SCHEIDT SAYS HE USES MOST FROM FUZZLORD EFFECTS' LINE. Photo courtesy Fuzzlord Effects

think I've heard a Rat-style circuit capable of so much low end before," he adds.

The Drone Master is an example of fusing vintage design elements of gear made in the '60s and '70s that has since laid the foundation for today's guitar-based music for its volume and rawness but also added versatility that modern guitarists and bassists need today, Martin says.

"I myself don't play much metal, but the approach to his brand ultimately ensures that his pedals explore many sounds 'outside the box,'" Martin says. "There are many builders just happy to clone circuits, but I see the most successful companies taking risks and using their creativity to help inspire musicians to explore new sonic territory."

What Martin means by cloning circuits is that some manufacturers might take a pedal or amplifier and copy its electronic schematics. Fuzzlord Effects may take inspiration from older amplifiers and pedals, but Johnson works to take some creative liberties, and Scheidt says that's what's led to the company's popularity.

"Fuzzlord Effects has a worldwide footprint," Scheidt says. "His pedals are known all over the world. At the same time, he's a local business with a huge reach and it's growing all the time. Not only are you getting something that somebody on the other planet says, 'Oh yeah, this is really great,' you're supporting a local business, too. And Eugene's an amazing town. We want our local craftspeople and artisans to be able to stay in this town."

A Doom Community

Johnson isn't just keeping analog effects alive through his company's sales. He's also creating videos on his

YouTube channel to keep the spirit of metal and analog equipment alive by guiding guitarists and bassists through the basics of setting up gear to play doom metal.

"I try to make videos more towards people who are getting into guitar pedals and play metal," Johnson says. "I think a lot of the popularity comes from hopping on camera and trying to walk people through the basics and cover conversations that I wish I could've had when I was younger."

The YouTube account isn't common for a lot of guitar companies, Johnson says. On his account, he walks viewers through the steps to make their own pedals, how to set up guitars for doom metal, interviews with other musicians — and more.

Johnson also works on proselytizing doom metal, including how to set a guitar up for low tunings and which equipment works best for the genre. And these videos helped Johnson become an online space for doom metal players.

"I did some videos focused on teaching people how to get their guitar set up for extremely low tunings," Johnson says. Most guitarists and bassists play in a standard tuning (EADGBE); it's been the go-to from BB King to Taylor Swift. But doom metal dives down quite a bit, he adds. "Most folks in that genre are tuning to C standard."

These low tunings can be challenging for many guitars and it means doing a little work to an instrument to keep it intonated, so Johnson made videos to walk guitarists through these steps. "Doing that kind of stuff really helped gain that audience," he says.

But the channel is a way for Johnson to share his passion for making guitar pedals, from schematic to soldering components, to make it more accessible for a general audience and to create a community.

"I did some videos aimed at people just getting into soldering who want to learn more about electronics," Johnson says. "I caught on that a lot of people were buying kits online but then having trouble when it came to putting them together."

His instructional videos provide a start to finish walk through of soldering, connecting wires and other basics of putting together your own pedals so it can be a paint-by-number experience, Johnson adds.

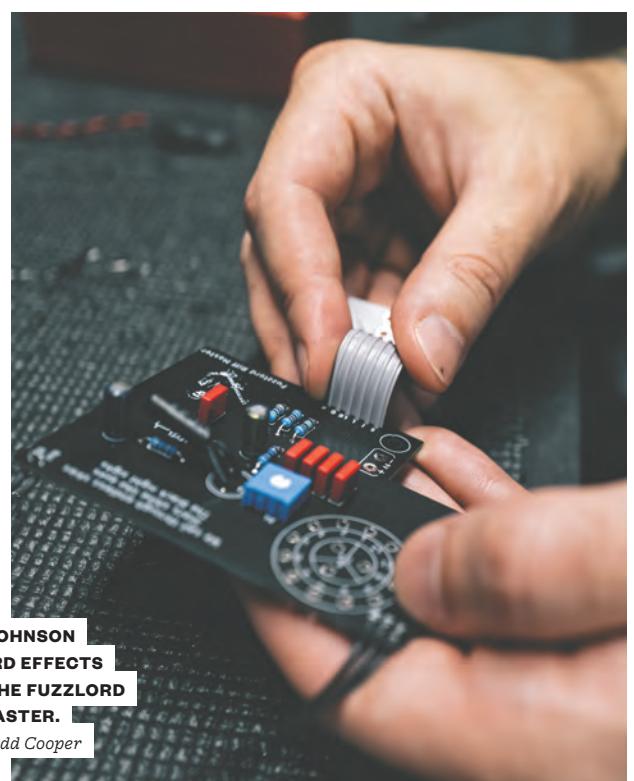
"I wanted it to feel like someone that was actually sitting down with me to build a pedal together," he says. "It's been really fun. I started a Discord server a while back so that all those people could talk to each other and help each other out, and then also share like pictures of the things that they were building and create a nice little place for people to hang out."

Learn more about Fuzzlord Effects and order pedals, T-shirts, guitar straps and more at FuzzlordEffects.com. Check out Fuzzlord Effects on YouTube, Instagram and Facebook by searching for @FuzzlordEffects.

Visit YobIsLove.com to stay updated about the Yob's shows and releases.



JASON JOHNSON
OF FUZZLORD EFFECTS
ASSEMBLES THE FUZZLORD
RIFF MASTER.
Photo by Todd Cooper



what's happening

Tellin' you what's up since 1982.

August 15

THURSDAY

Civics

Transportation Planning Committee Meeting, 10am-noon. Visit LCoG.org for Zoom link.

Comedy

Comedy Open Mic, 8-10pm, WildCraft Cider Works, 232 Lincoln St. FREE.

The Thirsty Mic, 9pm, Manifest Beer Co., 710 Willamette. FREE.

Film

Who Framed Roger Rabbit (1988), 1:30pm, Art House, 492 E. 13th Ave. \$8-11.

A Public Space Screening & Discussion, 7pm, Art House, 492 E. 13th Ave. FREE.

Food/Drink

Tacos & Tequila, 11:30am-11pm, PublicHouse, 418 A St., Spfd. FREE.

Thursday Tasting: Firestone Walker, 6-8pm, The Bier Stein, 1591 Willamette. FREE.

Gatherings

Hearing Voices & Different Realities Discussion & Support Group, 10-11:30am, Trauma Healing Project, 631 E. 19th Ave., bldg. B. FREE.

Kids/Family

Create a Song Together, 4-6pm, Downtown Eugene Public Library. FREE.

Lectures/Classes

Gentle Chair Yoga w/ Clark, noon-1pm, Saint Thomas Episcopal Church, 1465 Coburg Rd. Sug. don. \$8.

All About Anal w/ Jayavada, 7-9pm, As You Like It: The Pleasure Shop, 1655 W. 11th Ave., ste. 1. \$20.

Markets

Night Markets, 5-9pm, Farmers Market Pavilion & Plaza, 85 E. 8th Ave.

Music

Gerry Rempel Jazz Syndicate, noon-1pm & 6-9pm, Kesey Square, Willamette & E. Broadway. N/C.

The Fat Dandelions, jazz, folk, 6-8pm, Farmers Market Pavilion, 85 E. 8th Ave. N/C.

Open Blues Jam w/ Dave Roberts, 6pm, Jimmy Mac's Overtime Bar & Grill, 770 S. Bertelsen Rd. N/C.

Acoustic Minds, hip hop, soul, pop, 7-9pm, beergarden, 777 W. 6th Ave. N/C.

Ginny Mitchell, country, Americana, 7pm, House Concert, 70 E. Howard Ave. \$15-20.

LoGee, New Zealand soul, 7-9pm, PublicHouse, 418 A St., Spfd. N/C.

Samba Ja, Brazilian marching band, 7-8:30pm, Scobert Park, 4th Ave. & Blair Blvd. N/C.

Alex G, singer-songwriter, 8pm, McDonald Theatre, 1010 Willamette. \$\$\$

DJ Food Stamp, 8pm, PLAY Eugene, 232 W. 5th St. N/C.

Forest Mountain Lion, folk rock, 8-10pm, Axe & Fiddle, 657 E Main St., Cottage Grove. N/C.

Funk Jam, 9pm, Luckey's Club, 933 Olive St. N/C.

The Bone Rollers, Calvacade Atomic, rock, punk, 9pm, Sam Bond's, 407 Blair Blvd. \$5.

Nightlife

Beginners Board Game Night, 5-10pm, Funagain Games Game Parlor, 2711 Oak St. FREE.

Story Games Eugene, 5-7pm, McMenamins High Street Brewery, 1243 High St. FREE.

Karaoke w/ Jeff, 6-10pm, Slice Pizzeria & Bar, 325 Blair Blvd. FREE.

Shelbyville Trivia w/ Brett, 6:30-8:30pm, Viking Brewing West, 520 Commercial St., unit F. FREE.

FWD Trivia, 7-9pm, Gratitude Brewing, 540 E. 8th Ave. FREE.

Karaoke Sundays, 7:30-11:30pm, Happy Hours, 645 River Rd. FREE.

Outdoors/Recreation

Thrifty Thursday Tee Times, 5pm, PLAY Eugene, 232 W. 5th St. \$5/hour.

Theater

Broadway Song & Dance Camp w/ Rose Children's Theatre,

9am-1pm, First Congregational Church, 1050 E. 23rd Ave. \$250.

Tennessee Wet Rub, 7:30pm, Cottage Theatre, 700 Village Dr., Cottage Grove. \$15-29.

Friday Night Concert, 6:30-8:30pm, Silvan Ridge Winery, 27012 Briggs Hill Rd. \$5.

Anya Lecuyer & Friends, rock, blues, funk, 7-10pm, Mac's Restaurant & Nightclub, 1626 Willamette. N/C.

Friday Night Laser Shows, 7pm, Eugene Science Ctr., 2300 Leo Harris Pkwy. \$7.50.

Harlan Rivers, Americana, country, 7-9pm, Arable Brewing Co., 510 Conger St. N/C.

Leo's Jammers, jazz, 7-9pm, Swallowtail Spirits, 111 Main St., Spfd. N/C.

The Jazz Symbiosis Trio, 7-9pm, Gratitude Brewing, 540 E. 8th Ave. N/C.

The Klezmonauts, jazz, bluegrass, 7pm, Drop Bear Brewery, 2690 Willamette. N/C.

Daydream Derby, jazz, 7:30-10pm, The Jazz Station, 124 W. Broadway. \$15.

Real Gone Trio, rockabilly, 7:30-9:30pm, PublicHouse, 418 A St., Spfd. N/C.

The Survivors, classic rock, 8pm-midnight, The Embers, 1811 State Hwy 99 N. N/C.

Ferns, Service Call, Scott Yoder, rock, pop, glam, 9pm, Sam Bond's, 407 Blair Blvd. \$5.

Nightlife

FWD Trivia, 7-9pm, Ninkasi Tasting Room, 272 Van Buren St. FREE.

Karaoke w/ Lewie, 9pm-2:30am, Slice Downtown, 910 Willamette. FREE.

Social Dance

Church of '80s: Dance Party, 9pm-2am, Blairally, 245 Blair Blvd. \$4.

Spectator Sports

Pink Out w/ Eugene Emeralds, 6:30pm, PK Park, 2800 Martin Luther King Jr. Blvd. Ticket info at MilB.com.

Spiritual

Recovery Dharma Buddhist Recovery Meeting, 10-11:30am, Jesco Club, 340 Blair Blvd. FREE.

Teens

Game Time, 2pm, Sheldon Branch of Eugene Public Library, 1566 Coburg Rd. FREE.

Theater

Broadway Song & Dance Camp w/ Rose Children's Theatre, 9am-1pm, First Congregational Church, 1050 E. 23rd Ave. \$250.

Tennessee Wet Rub, 7:30pm, Cottage Theatre, 700 Village Dr., Cottage Grove. \$15-29.

You're A Good Man, Charlie Brown, 7:30pm, Actors Cabaret of Eugene, 996 Willamette. \$19-30.

August 16

FRIDAY

Film

Hook (1991), 7:30pm, Art House, 492 E. 13th Ave. \$8-11.

Food/Drink

Tacos & Tequila, 11:30am-11pm, PublicHouse, 418 A St., Spfd. FREE.

Gatherings

Nancy's Recycling Round-Up, 11am-2pm, Natural Grocers, 201 Coburg Rd. FREE.

LGBTQ+ Youth Group, 4-6pm, Amazon Community Ctr., 2700 Hilyard St. FREE.

Kids/Family

Family Fun In The Sun: Oregon's Dino-Story, 10am-5pm, Museum of Natural & Cultural History, 1680 E. 15th Ave. FREE.

Lectures/Classes

Nutrition & Lifestyle Medicine Classes, 7-8:30pm, Irving Grange, 1011 Irvington Dr. FREE.

Music

Wellington Drive, various, 5:30pm, Sarver Winery, 25600 Mayola Ln. N/C.

Bootleg Rose, Americana, 6-8pm, Viking Brewing West, 520 Commercial St., unit F. N/C.

Coupe de Ville, classic rock, 6pm, Saginaw Vineyard, 80247 Delight Valley School Rd., Saginaw. N/C.

Henry Cooper Trio, swampy-tonk, 6-9pm, Territorial Vineyards & Wine Co., 907 W. 3rd Ave. N/C.

The Bush Pilots, bluegrass, 6-8pm, Tallman Brewing, 2055 Primrose St., Lebanon. N/C.

Acrylic Painting Workshop w/ Cassie Genc, 5-8:30pm, Wild Rose Tattoo, 2849 Oak St. \$50.

Art/Craft

Young Artists en Plein Air, 9:30am-noon, Umpqua Valley Arts Association, 1624 W. Harvard Ave., Roseburg. \$10.

The Bush Pilots, bluegrass, 6-8pm, Tallman Brewing, 2055 Primrose St., Lebanon. N/C.

Acrylic Painting Workshop w/ Cassie Genc, 5-8:30pm, Wild Rose Tattoo, 2849 Oak St. \$50.

Art/Craft

Art/Craft

Overeaters Anonymous, 9:30-10:30am, Unitarian Universalist Church, 1685 W. 13th Ave. FREE.

Hello Handcraft Hangout, 10am-2pm, Eugene Garden Club, 1645 High St. FREE-\$1.

Open House for Wonder Garden Neighborhood Preschool, 10am-noon, Wonder Garden Neighborhood Preschool, 2520 Gilham Rd. FREE.

Art/Craft

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Art/Craft

Henry Cooper Trio, swampy-tonk, 6-8pm, Oregon Wine LAB, 488 Lincoln St. N/C.

Linda Kantor & Gerry Rempel, jazz, 6-8pm, Elizabeth's Wine Lounge, 105 Oakway Ctr. N/C.

The Flatt Stanley Incident, country, folk, 6-8pm, Tallman Brewing, 2055 Primrose St., Lebanon. N/C.

John Fogerty, rock, 6:30pm, The Cuthbert Amphitheater, 601 Day Island Rd. N/C.

William Clark Green, country-rock, 7-11pm, WOW Hall, 291 W. 8th Ave. \$17.50-22.

Buffalo Romeo, Dadweed, Americana, folk, 7:30-9:30pm, Tsunami Books, 2585 Willamette. \$15.

Robert Lassila's Medium-Sized Ensemble, jazz, 7:30-10pm, The Jazz Station, 124 W. Broadway. \$20.

Taide Pineda, reggae, classic rock, r&b, 7:30-9:30pm, PublicHouse, 418 A St., Spfd. N/C.

The Elena Leona Project, funk, 7:30-9:30pm, beergarden, 777 W. 6th Ave. N/C.

Interstate-5, A-RoN Gubbe, Common Koi, Cosplay Jesus, various, 8-11:30pm, Ghost Town Outfitters, 1040 Tyinn St. \$10.

Northwest River Band, classic, 8pm-midnight, Happy Hours, 645 River Rd. N/C.

The Survivors, classic rock, 8pm-midnight, The Embers, 1811 State Hwy 99 N. N/C.

Phallic Graffiti, Missed Connections, State Parks, re/Folium,

rock, punk, emo, 9pm, Sam Bond's, 407 Blair Blvd. \$5.

Nightlife

Drag Bingo, 5-7pm, Old Nick's Pub, 211 Washington St. FREE.

DJ Nights, 8pm, Twisted Duck Pub, 529 W. Centennial Blvd., Spfd. FREE.

Karaoke w/ Lewie, 9pm-2:30am, Slice Downtown, 910 Willamette. FREE.

Outdoors/Recreation

Running Wild: Connecting w/ Nature, 7:30am, Hendricks Park, Summit Ave. & Skyline Blvd. FREE.

Original Goat Yoga & Wine Happy Hour, 5pm, No Regrets Flower Farm & Animal Sanctuary, 26641 Bellfountain Rd., Monroe. \$45.

Social Dance

Dance Empowered w/ Cynthia Valentine, 9-10am, WOW Hall, 291 W. 8th Ave. \$12-100.

Spectator Sports

Star Wars Night w/ the Eugene Emeralds, 5pm, PK Park, 2800 Martin Luther King Jr. Blvd. Ticket info at MiLB.com.

Spiritual

Let's Just Sit Together, 10:30am-noon, Buddha Eye Temple, 2190 Garfield St. FREE-\$10.

Theater

Shakespeare in the Park: The Tempest, 6-8:30pm, Amazon Community Ctr., 2700 Hilyard St. FREE.

Pinwin's Mitten: A Family Folktale Show, 6-8pm, Owen Rose Garden, 300 N. Jefferson St. FREE.

Tennessee Wet Rub, 7:30pm, Cottage Theatre, 700 Village Dr., Cottage Grove. \$15-29.

You're A Good Man, Charlie Brown, 7:30pm, Actors Cabaret of Eugene, 996 Willamette. \$19-30.

Somebody to Love: Queen Tribute & Benefit Show, 9pm, Old Nick's Pub, 211 Washington St. \$10.

August 18

SUNDAY

Art/Craft

Paint & Pints, 2-4pm, Arable Brewing Co., 510 Conger St. \$50.

Writing Time, 6:30-9pm, Wordcrafters Studio, 436 Charnelton St., ste. 100. \$5.

Comedy

Come On In! Comedy Open Mic, 8pm, The Barn Light, 924 Willamette. FREE.

Film

Hook (1991), 1pm, Art House, 492 E. 13th Ave. \$8-11.

Present Laughter, 4pm, Art House, 492 E. 13th Ave. \$16-19.

Food/Drink

Tacos & Tequila, 11:30am-11pm, PublicHouse, 418 A St., Spfd. FREE.



Photo by Rhadika Stein

AUG. 17-18

A sea storm, a shipwreck, a magical spirit, an island, a prince, a princess, a monster and clowns — **The Tempest**, Shakespeare's final play, is being performed by the Free Shakespeare in the Park Theatre Company at the Amazon Community Center's South Lawn Amphitheater until August 25. With themes of revenge and, ultimately, forgiveness, *The Tempest* is one of Shakespeare's most praised plays. The audience is welcome to join in by cheering and clapping for the heroes, or cheering and clapping for the villains if that's their preference. People are encouraged to bring picnics, blankets and beach chairs. The showings are family-friendly, and Free Shakespeare in the Park Theatre Company makes sure that its performances are accommodating with amplified sound and ADA accessibility. Kicking off in 1999, this year's showing of *The Tempest* will be the company's 23rd production — there was a two-year COVID hiatus. Last year the company performed *Much Ado About Nothing*. Prospero, the unfairly banished former duke of Milan, sees a ship coming in the distance, caught in a maelstrom of a storm, all according to his plan. A play about power and the misuse of power, *The Tempest* at first relies on magic to right wrongs but finally settles on the human magic of forgiveness to move past the wrongs. —Pierce Baugh V

The *Tempest* performances are 6 pm Saturday, August 17, and Sunday, August 18, at Amazon Community Center's South Lawn Amphitheater, 2700 Hilyard Street. FREE.

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W.O.W. HALL

THE COMMUNITY CENTER FOR THE PERFORMING ARTS PROUDLY WELCOMES:

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WHOLE LOTTA LUBBOCK TOUR

WEDNESDAY, AUG 21

WITH PERFORMING ARTS SUCKERPUNCH JOHN DOUGH BOYS GUTTERMOUTH

SATURDAY, AUG. 31

CAP'N TRIPS PRESENTS DYLAN AND THE DEAD

THURSDAY, SEPT. 12

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CALENDAR

Sweet Chili Seafood Boil & Wine Pairing, 5:30-7pm, Oregon Wine LAB, 488 Lincoln St. \$60.

Gatherings

Solidarity Share Fair, noon-4pm, Park Blocks, 8th Ave. & Oak St. FREE.

Zine Jam, 1-3pm, Books With Pictures Eugene, 296 E. 5th Ave., ste. 224. FREE.

Way of The Tao: Intentional Drumming Circle, 2-4pm, Core Star Cultural Ctr., 439 W. 2nd Ave. FREE.

Kids/Family

Fun w/ Comics, 1-5pm, Downtown Eugene Public Library. FREE.

Markets

Whiteaker Community Sunday Market, 11am-4pm, Whiteaker Neighborhood, Scobert Park by 4th Ave. & Blair Blvd.

Music

Riffle, blues, r&b, rock, 1-4pm, LaVelle Vineyards, 89697 Sheffler Rd., Elmira. \$5.

De Solution, Zimbabwe music, 3:30-5:30pm, Publihouse, 418 A St., Spfd. N/C.

RW McCabe Studios: Open Mic, 4-7pm, Coldfire Brewing Co., 263 Mill St. N/C.

EastSide Sunday Jam, 5pm, Twisted River Saloon, 1444 Main St., Spfd. N/C.

Open Mic, 5:30-9pm, Publihouse, 418 A St., Spfd. N/C.

Whiskey Rogues, Irish, sea shanties, 6pm, The Pint Pot Pub, 195 E. 17th Ave.

Growing Pains, Grumpster, IX of Swords, rock, 8-11pm, WOW Hall, 291 W. 8th Ave. \$12-15.

K. Flay, singer-songwriter, 8pm, McDonald Theatre, 1010 Willamette. \$25.

Nightlife

Bingo, 5:30pm, Drop Bear Brewery, 2690 Willamette. FREE.

Karaoke w/ Jeff, 6-10pm, Slice Pizzeria & Bar, 325 Blair Blvd. FREE.

Karaoke Sundays, 7:30-11:30pm, Happy Hours, 645 River Rd. FREE.

Outdoors/Recreation

Sunday Funday Goat Yoga, 5pm, No Regrets Flower Farm & Animal Sanctuary, 26641 Bellfountain Rd., Monroe. \$35.

Social Dance

Community Ecstatic Dance, 11am, 118 Merry Ln. FREE.

Spiritual

Love of God for His Creation, 10-11:30am, Baha'i Ctr. of Eugene, 1458 Alder St. FREE.

Emerald Valley Ctr. for Spiritual Living, 4pm, Hilyard Community Ctr., 2580 Hilyard St. Don.

Theater

You're A Good Man, Charlie Brown, 2pm, Actors Cabaret of Eugene, 996 Willamette St. FREE.

Tennessee Wet Rub, 2:30pm, Cottage Theatre, 700 Village Dr., Cottage Grove. \$15-29.

Pinwin's Mitten: A Family Folktale Show, 6-8pm, Owen Rose Garden, 300 N. Jefferson St. FREE.

Shakespeare in the Park: The Tempest, 6-8:30pm, Amazon

Community Ctr., 2700 Hilyard St. FREE.

August 19 MONDAY

Civics

Personnel Committee Meetings, 10:30am. Visit UWSWCD.org for Zoom link.

Comedy

Comedy Open Mic w/ Seth Milstein, 8-10pm, Slice Pizzeria & Bar, 325 Blair Blvd. FREE.

Film

Present Laughter, 6:30pm, Art House, 492 E. 13th Ave. \$16-19.

Food/Drink

Winemaker Dinner w/ William Rose Wines, 6pm, Poppi's Anatolia, 992 Willamette. \$100.

Gatherings

Death Cafe, 6:45-8pm, Shelton McMurphy Johnson House, 303 Willamette. FREE.

Lectures/Classes

Communicate for a Change, 6-8pm, Corvallis Friends Meeting House, 3311 NW Polk Ave., Corvallis. \$60-120.

Music

Houndstooth Open Mic Mondays, 6:30-10:30pm, Houndstooth Public House, 1795 W. 6th Ave. N/C.

Robert Plant & Alison Krauss, rock, country, 7pm, The Cuthbert Amphitheater, 2300 Leo Harris Pkwy. \$79.

Nightlife

Beats & Board Games, 6:30-9pm, beergarden, 777 W. 6th Ave. FREE.

Trivia Mondays, 6:30-8:30pm, PublicHouse, 418 A St., Spfd. FREE.

Cribbage Night, 6:30-8:30pm, Coldfire Brewing Co., 263 Mill St. \$3.

FWD Trivia, 7-9pm, PLAY Eugene, 232 W. 5th St. FREE.

Bingo, 9pm, Sam Bond's, 407 Blair Blvd. FREE.

Social Dance

Dance Empowered w/ Cynthia Valentine, 5:30-6:30pm, WOW Hall, 291 W. 8th Ave. \$12-100.

Spiritual

Mindful Integration & Breathwork w/ PSILO Temple, 7-9pm, Quantum Soundscapes, 2100 W. Broadway. FREE.

August 20 TUESDAY

Art/Craft

Writing Time, 9:30am-noon, Wordcrafters Studio, 436 Charnelton St., ste. 100. \$5.

New Zone Tuesday Figure Art Sessions, 6:15-9pm, New Zone Gallery, 110 E. 11th Ave., ste. C. \$8-60.

Comedy

Amusedays Comedy Mic, 7pm, John Henry's, 881 Willamette. FREE.

Farmers Markets

Tuesday Farmers Market, 9am-2pm, Farmers Market Pavilion & Plaza, 85 E. 8th Ave.

Film

Hook (1991), 7:30pm, Art House, 492 E. 13th Ave. \$8-11.

Gatherings

Deaf Night Out, 6-8pm, Portal Tea Co., 41 W. Broadway. FREE.

Red Talks w/ Eugene DSA

6-7:30pm, Growers Market, 454 Willamette. FREE.

Lectures/Classes

Gentle Restorative Yoga w/ Robert, 10-11am, Trauma Healing Project, 631 E. 19th Ave., bldg B. \$15.

Releasing With Writing

11:30am-12:30pm, Trauma Healing Project, 631 E. 19th Ave., bldg B. FREE.

Gentle Chair Yoga w/ Clark

noon-1pm, Saint Thomas Episcopal Church, 1465 Coburg Rd. Sug. don. \$8.

Sips of Happiness

1-2pm, Trauma Healing Project, 631 E. 19th Ave., bldg B. FREE.

Hablamos Español

4:30pm, Downtown Eugene Public Library. FREE.

Gentle Yoga for Beginners

6pm, Downtown Eugene Public Library. FREE.

Adults: Intro to Paper Marbling

6:15pm, Bethel Branch of Eugene Public Library, 1990 Echo Hollow Rd. FREE.

Paper Marbling

6:15pm, Bethel Branch of Eugene Public Library, 1990 Echo Hollow Rd. FREE.

Internal Family Systems Workshop

7pm, House Concert, 70 E. Howard Ave. \$15-25.

Literary Arts

TransPonder Book Club, 5-6pm. Email Info@Transponder.Community for link.

Music

Fragile Thunder, Hawaiian-style Grateful Dead, 6pm, Whirled Pies, 199 W. 8th Ave. \$15-20.

Sam Bond's Garage Banned

8:30pm, Sam Bond's, 407 Blair Blvd. N/C.

Nightlife

Beer Bingo, 6-9pm, The Bier Stein, 1591 Willamette. FREE.

Karaoke w/ Jeff

6-10pm, Slice Pizzeria & Bar, 325 Blair Blvd. FREE.

Bingo w/ Ty Connor

6:30-8:30pm, PublicHouse, 418 A St., Spfd. FREE.

Trivia & Tacos

6:30-8pm, Tallman Brewing, 2055 Primrose St., Lebanon. FREE.

Trivia w/ Elliot Martinez

6:30pm, Oregon Wine LAB, 488 Lincoln St. FREE.

FWD Trivia

7-9pm, McMenamins North Bank, 22 Club Rd. FREE.

Trivia Night

7-9pm, The Ninkasi Better Living Room, 155 Blair Blvd. FREE.

Trivia Tuesday

7-9pm, beergarden, 777 W. 6th Ave. FREE.

Drag Bingo After Dark

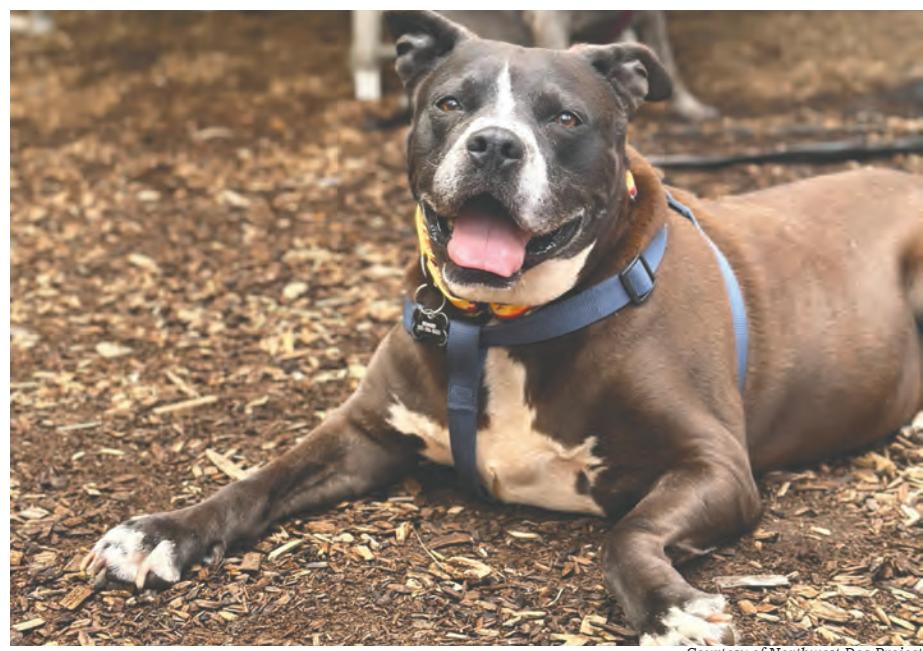
9-11pm, Old Nick's Pub, 211 Washington St. FREE.

Karaoke w/ Jeff

9pm-2:30am, John Henry's, 881 Willamette. FREE.

Outdoors/Recreation

Summer Disc Golf Putting Series, 6-8pm, Alton Baker Park Disc Golf Course, 200 Day Island Rd. \$3-5.



Courtesy of Northwest Dog Project

AUG. 17

What's the best way to get through the dog days of summer? With your pup, of course! Local dog rescue and sanctuary Northwest Dog Project is hosting its 10th annual fundraiser, the **Market for Mutts**, Saturday, August 17 at Viking Brewing. Emma Scott, the founder and executive director of NWDP, says last year's fundraiser raised approximately \$10,000, and the organization hopes to double the amount this year. Although there won't be adoptable dogs on site, you're welcome to bring your own! There will even be a "dog area," Scott says, that houses dog-related vendors, a kiddie pool for your pup to cool off and some arts and crafts that your dog can participate in! "This area will be shaded," Scott says, "and have turf down so you don't have to worry about your pup's paws on the hot pavement." You're invited to participate in the market's raffle and silent auction, which lists an Airbnb stay at an a-frame cabin and high quality dog gear among potential prizes. The fundraiser itself boasts a litany of local vendors, all of whom have pledged to donate a portion of the day's earnings to NWDP. Outside of the vendors, there will also be someone from Salty Pet Portrait on site, and two artists from Heartless and Hopeless Tattoo providing flash tattoos. The event will also feature musical performances from **Pants with Pockets** and **Bake Club**, both of whom performed at last year's Market for Mutts. The funds raised will go towards building an indoor training and play area for the pups at the NWDP facility, Scott says. —Emma J Nelson

The Market for Mutts fundraiser is noon to 7 pm Saturday, August 17, at Viking Brewing Company, 520 Commercial Street, unit F.

August 21 WEDNESDAY

Art/Craft

Paint Night w/ Claudia: Antlers & Flowers, 6-8:30pm, Tallman Brewing, 2055 Primrose St., Lebanon. \$40.

New Zone Wednesday Figure Art Sessions

6:15-9pm, New Zone Gallery, 110 E. 11th Ave. \$8-60.

Film

The Unbearable Weight of Massive Talent, 6:30pm, The Richard E. Wildish Theater, 630 Main St., Spfd. FREE.

Star Wars: The Empire Strikes Back (1980)

7pm, Whiteside Theatre, 461 SW Madison Ave., Corvallis. \$8-10.

Gatherings

Oakshire Inspires (Benefiting Planned Parenthood of Southwestern Oregon), 11am-10pm, Oakshire Public House, 207 Madison St. FREE.

Outdoors/Recreation

Open Batting Cage, 4-9pm, PLAY Eugene, 232 W. 5th St. FREE.

Meadow Rue

string band, 7-9pm, PublicHouse, 418 A St., Spfd. N/C.

RiverWisdomInsight.com for link. FREE- \$20.

Teens

Movie Bingo: The Princess Bride, 4:30pm, Downtown Eugene Public Library. FREE.

August 22

THURSDAY

Comedy

Comedy Open Mic, 8-10pm, WildCraft Cider Works, 232 Lincoln St. FREE.

The Thirsty Mic, 9pm, Manifest Beer Co., 710 Willamette. FREE.

Film

Hook (1991), 1pm, Art House, 492 E. 13th Ave. \$8-11.

Cycle-In Cinema, 7-9:30pm, Farmers Market Pavilion, 85 E. 8th Ave. FREE.

Food/Drink

Eugene Ballet's Pints & Pliés, 2:30-9pm, Ninkasi Tasting Room, 272 Van Buren St. FREE.

Mule Fest, 5-10pm, beer garden, 777 W. 6th Ave. FREE.

Thursday Tasting: Migration Brewing Co., 6-8pm, The

Bier Stein, 1591 Willamette. FREE.

Kids/Family

OBOB Boot Camp, 5:30-6:30pm, Books With Pictures Eugene, 296 E. 5th Ave., ste. 224. FREE.

Lectures/Classes

Gentle Chair Yoga w/ Clark, noon-1pm, Saint Thomas Episcopal Church, 1465 Coburg Rd. Sug. don. \$8.

Music

The Happy Trio: Claudia Paige, Joanne Broh, Gus Russell, various, noon-1pm, Kesey Square, Willamette & E. Broadway. N/C.

Jazz Lab, 6-8pm, Publix House, 418 A St., Spfd. N/C.

Open Blues Jam w/ Dave Roberts, 6pm, Jimmy Mac's Overtime Bar & Grill, 770 S. Bertelsen Rd. N/C.

Open Mic Night, 6-8:30pm, Tallman Brewing, 2055 Primrose St., Lebanon. N/C.

Inner Limits, blues, funk, rock, 7-9pm, beer garden, 777 W. 6th Ave. N/C.

Lisa Forkish, jazz, indie folk, 7:30-10pm, The Jazz Station, 124 W. Broadway. \$20.

DJ DV8, hip hop, 8pm, PLAY Eugene, 232 W. 5th St. N/C.

Funk Jam, 9pm, Luckey's Club, 933 Olive St. N/C.

Nightlife

Beginners Board Game Night, 5-10pm, Funagain Games Game Parlor, 2711 Oak St. FREE.

Karaoke w/ Jeff, 6-10pm, Slice Pizzeria & Bar, 325 Blair Blvd. FREE.

Trivia w/ Rob & Lorraine, 6-8:30pm, Hop Valley Brewing Co., 990 W. 1st Ave. FREE.

Shelbyville Trivia w/ Brett, 6:30-8:30pm, Viking Brewing West, 520 Commercial St., unit F. FREE.

FWD Trivia, 7-9pm, Gratitude Brewing, 540 E. 8th Ave. FREE.

Karaoke, 7:30-11:30pm, Happy Hours, 645 River Rd. FREE.

Outdoors/Recreation
Thrifty Thursday Tee Times, 5pm, PLAY Eugene, 232 W. 5th St. \$50/hour.

Theater

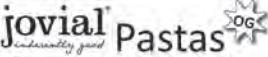
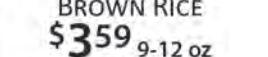
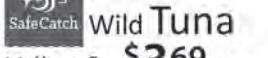
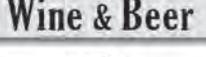
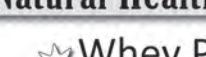
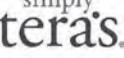
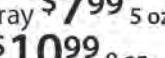
Pinwin's Mitten: A Family Folktale Show, 6-8pm, Island Park, 200 W. B St., Spfd. FREE.

Tennessee Wet Rub, 7:30pm, Cottage Theatre, 700 Village Dr., Cottage Grove. \$15-29.

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	Mizithra \$9.49 lb		ORGANIC Yellow Peaches \$3.49 lb		Wild Tuna Yellowfin \$3.69 5 oz in Avocado Oil or in Olive Oil
		Pinot Gris \$11.99			Albacore \$3.99 5 oz in Avocado Oil or in Olive Oil
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		Nut Brown Ale \$9.49 6/12 oz +dep			Pasta Sauces \$8.99 24-25.5 oz Assorted Varieties
		\$28.75 24 pk Orange or Raspberry			Vegetables \$2.49 10 oz Assorted Varieties
		\$6.99 3.5 oz 7/1grm Latte or Ceremonial Grade			Fruits \$4.99 10 oz Assorted Varieties; Raspberries, \$5.35
			 Sa 08.17 12-3pm Details TBD		Chilled Foods
					Yogurt \$5.49 32 oz NonFat or Whole Milk
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August 15, 2024 13



Dancing for Pleasure

Pleasant Hill dance instructor's choreography goes global

BY SUSAN PALMER

KELLIE CHAMBERS
LEADS A NIA CLASS

Photo by Kimberly Benfield

The first hint that this isn't your ordinary aerobics dance class is the bare feet. Everyone in the Pleasant Hill studio — instructor and students — has shucked off their shoes.

Next clue: Instructor Kellie Chambers reminds students that the practice known as Nia invites them to follow the forms and to embrace freedom. She's got the routine; they've got the power.

There's plenty of room to move to a different drummer in Nia, a fusion that includes dance, martial arts and healing arts. In between the cha cha and the grapevine steps, punches and kicks will be thrown. There will be the slow katas of tai chi and subtle guidance on more efficient ways to move. And there will be all kinds of music: pop, new age, electronic, jazz, disco, world, folk, Indigenous.

Newcomers often show up focused on getting fit, but under Chambers' guidance they'll discover something unexpected: Nia's arc bends toward joy.

NIA — which stands for Neuromuscular Integrative Action, and is pronounced NEE-ya — has been around for 40 years. It's the brainchild of Debbie and Carlos Rosas, California-based aerobics instructors who found great success with their Bod Squad studios in the late '70s and early '80s. That was the era of "no pain, no gain" when trainers urged participants to "feel the burn" as they exercised.

But things changed for Debbie Rosas when she reached out to a martial arts teacher, a sensei, to learn about the belt

system used to recognize the skill level of its participants.

"I had students who had been with me for six years and I wanted to celebrate their years of dedication," she says. Things changed when she visited a dojo and followed the common practice of martial arts participants — going barefoot.

"My whole body woke up," she says. "It was taking off my shoes that awakened me to the joy of being in my body. So that became the first principle of Nia, joy of movement." She also adopted a belt training regimen for students who wanted to go deeper.

Today Debbie and Carlos Rosas have parted ways, and Nia's headquarters is in Portland. Under Rosas' guidance Nia has added other principles to the joy of movement. Participants are encouraged to get to know what works for them on the dance floor. "Your body, your way," is an in-class mantra. "No pain, no gain" has no place in Nia.

Dancers instead seek what they call "dynamic ease." Instructors demonstrate a range of ways to execute the steps. That helps dancers find their own sweet spots, moving in ways that don't stress joints and tendons, or lead to injury. And each routine makes time for free dancing so people can move to the music however they want to. Classes include people of all sizes and ages. Some people participate from a chair. In Nia, it's all good.

Chambers has been teaching for 11 years. And while her Pleasant Hill studio, nestled in the mall off Highway 58, might appear as a little bit of a backwater in the

world of dance aerobics, her reach is global. Nia's 1,200 instructors teach in 41 countries, and Chambers teams up with others to offer dance retreats in Bali, Costa Rica, and even Cambodia.

Also a choreographer, she has created Nia routines that are part of a catalog available to all instructors. Videos of the routines are also available online for those who don't have access to nearby classes. "Alchemy," the newest piece she co-created with Debbie Lee Van Ginkel, her Cambodia colleague, will be available in September.

Ensuring that each routine draws from dance, martial arts and healing arts, that it starts slowly, increases in energy and then eases off, and that the music supports and inspires the movements is no simple task, Debbie Rosas says.

"Normally what happens is when I see a body of work I have to go back and work with the choreographers," she says. "Oftentimes they're not listening to the music. The music is not bringing the moves to life or the moves are not bringing the music to life."

But that wasn't the case with the piece that Chambers and Van Ginkel created.

"This body of work is advanced in its musicality and the integration of the music with the movements. It's a sophisticated routine that really pays attention to sound detail and movement detail," Rosas says.

Chambers, who teaches eight hour-long classes in a six-day work week, fell in love with Nia when she first encountered it. A lifelong dancer, the realities of daily living — marriage and raising children — had pulled her away from the dance world. After a back injury, she heard about a class and thought it would be a good fit for her as she recovered.

"It was a Nia class; it was like a lightning bolt hit me and it was like 'welcome back home.' It was profound," she says, "I felt connected and energized all at the same time, and after class when it was over I immediately wanted to do it again."

Chambers is not Eugene's only Nia teacher. There are several, including Dael Parsons, who has also been teaching for 11 years and has a studio just south of downtown. Like Chambers, Parsons was immediately drawn to Nia after her first experience of it.

"I took a class. I loved it. I took another class and that night I had a lucid dream that I was being born onto the dance floor," she said.

It's hard to say how many practitioners of Nia there are, but at the Eugene Y, the numbers are growing, says Beth Casper, vice president of community engagement. When the new YMCA opened in December 2023, it offered two Nia classes. In January the two classes attracted 130 participants. Since then the Y has added two more classes, and in June the four classes had attracted 221 participants.

Parsons has also seen the number of students in her classes grow, in part because during the pandemic she moved her sessions to a nearby park, and more people got to see Nia dancers moving to music. Parsons, a myofascial release therapist, says what's different about Nia is its focus on pleasure.

"It's radical," she said. "This is a radical act to allow yourself to prioritize pleasure."

Students, for their part, say they have found a practice that goes beyond fitness.

"Nia has so many layers to it that I appreciate," says Susan Lesyk, who has been dancing with Chambers for a decade. "When we dance, I feel really energized, like my inner child is expressing itself with the freedom that kind of movement offers me. And then when we move into martial arts, I'm practicing ways of protecting my body from harm if I needed to, and then when we relax and focus on healing arts, I'm quietly listening to my body so there's both energy and respect."

Find Nia at NiaNow.com, and locally at the YMCA, 600 E. 24th Ave., EugeneYMCA.org; Kellie Chambers and Just Move Fitness at 35859 Highway 58 Pleasant Hill, JustMoveStudio.com and Dael Parsons: 1840 Willamette Street, Suite 206, email Dael at DaelParsons@gmail.com.

Acorns, Altars and Angel Trumpets

Two art shows that will bring you closer to nature

BY ESTER BARKAI

Maude Kerns Art Center is presenting the work of four artists who are immersed in the practice of representing and utilizing elements from the natural world. *Land as Deity* is Barbara Counsil Burney's solo show in the Salon Gallery. *Circling the Grove*, in the center's main room, is a group show that presents work by three artists: Lisa Brinkman, Carissa Burkett and Leanne Ellis. Both exhibits are on view until August 23.

Burney says her goal is to "inspire people to protect undeveloped wilderness areas," and her artworks are designed as "altars." With titles like "The Altar to Fort Rock," and "The Altar to the Mount Hood National Forest," they offer images of landscapes and of animals and plants that live on the land.

Framing art within the concept of an altar works so well, in part, because the idea that land is sacred is culturally universal. From Mount Sinai in Egypt, where the Ten Commandments are said to have been given to Moses, to Mount Hood in Oregon, which is a spiritual site to multiple Indigenous cultures, including the Clackamas and Cascade Chinook, the approach is instantly recognizable.

Each of Burney's works are multimedia composites that include small oil paintings and a central larger one assembled into a circular-shaped altar along with other natural and human-made elements. The center painting is always a landscape picturing the title's subject, and the smaller paintings depict animals and plants living in that particular environment.

It is a framework at once spiritual and commercial. Though her works suggest worship, they are also sold by their individual components. For example, "Altar to Lake Superior" features the central painting "Lake Superior" which is still available and priced at \$1,500, but smaller



'DEEP FIELD' BY LEANNE ELLIS

paintings within the altar, like "Snapping Turtle" priced at \$75, have already been sold.

You might think that dismantling the altars contradicts their integrity. But there are cultural examples that support the practice of breaking apart holy objects, such as traditional sandpaintings which are destroyed and scattered back to the earth after their use in religious ceremonies. Burney's artworks are not scattered, they are sold. Still the idea is, the pieces are bought so that the land they represent is appreciated.

Tearing down an artwork into smaller components corresponds to the gift store approach to sales. If you can't

afford the large piece on view, then exit through the gift shop where you can buy a version of it, perhaps a postcard (often is the time I have left a museum with a postcard) — or maybe even a smaller work by the same artist.

In *Circling the Grove*, the art is not directly referenced as religious but there is a distinct air of a spiritual nature that comes across. Lisa Brinkman describes her "eco-printed paintings" as steamed botanical prints on raw silk. She uses the subject matter in her art — plants, animals, the moon and sun — as elements of design rather than depicting them realistically in space.

Brinkman's celestial and earthbound objects are pictured together on one plane. "New Moon Seeding," for instance, pairs the moon with seeds and the plants they may produce, on one flat surface.

Carissa Burkett works in three dimensions and sees making art as a form of meditation. She creates acorn cap sculptures. You know the tops of acorns that look like tiny hats? This artist uses those as fundamental building blocks for creating organically formed sculptures. Each form has its own shape, yet the acorn cap is always visible holding the structure together.

Leanne Ellis used to work with clay but, growing older, she switched to botanicals on paper, which she can do in a comfy chair in her studio rather than bent over a potter's wheel. Like Burkett, Ellis works with a plant source as a medium. Instead of using just one natural element, she utilizes a wide variety of plants which she dries and presses, and that are either found or grown.

Hiking on trails or the road, she gathers lichen, Queen Anne's lace and ferns. At Hendricks Park, where she volunteers, she says she collects "skeleton leaves" on the ground under rhododendrons and magnolias. To name a few things from her garden, she grows angel trumpet, which features prominently in her art, hydrangeas, fuchsias and fire power bamboo.

She says about the pressed flowers she uses, "They're like using paints."

The four artists at Maude Kerns Art Center this August are all women in various stages of life. For Ellis, switching mediums was a part of growing older. After 40 years working in clay, she says, "I still need to be creative. It's just part of me."

Barbara Counsil Burney will present an Artist Talk 1 pm Saturday, August 17, at Maude Kerns Art Center. Burney's solo show, Land as Deity, and the group show, Circling the Grove, are on view until August 23.

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Legal Notices

IN THE CIRCUIT COURT FOR THE STATE OF OREGON FOR THE COUNTY OF LANE Probate Department. In the Matter of the Estate of MINNIE M. FRANCISCO, Deceased. Case Number: 24PB06454. NOTICE TO INTERESTED PERSONS. Notice is hereby given that Tomi Francisco has been appointed and has qualified as the personal representative of the estate. All persons having claims against the estate are hereby required to present the same, with proper vouchers, within four months after the date of first publication of this notice, as stated below, to the personal representative at: Tomi Francisco, c/o Lynn Shepard, Attorney at Law, 800 Willamette St., Ste 700, Eugene, Oregon 97401, or they may be barred. All persons whose rights may be affected by the proceedings in this estate may obtain additional information from the records of the court, the personal representative, or the attorney for the personal representative. Dated and first published: August 1st, 2024. Dated this 25th day of July 2024. BOENDER & PAYMENT, ATTORNEYS. Lynn Shepard, OSB #80107 Attorney for Personal Representative Boender & Payment Attorneys 800 Willamette Street, Suite 700 Eugene, Oregon 97401

is worth the time and effort required to convince them that, no, you really and truly don't want to receive oral sex.

My partner and I have been dating for almost a year, and everything's been amazing — this is the best relationship I've had in a long time. We have a Dom/Sub dynamic, and he really wants me to get into anal play, something I'm new to. Early in our relationship, we tried, but I was on a medication that made me nauseous, so it was unpleasant. I'm no longer on that medication. He hasn't pushed the subject since, until the other day when he tried to insert a plug without much warning. I told him I need more comfort and preparation before we dive into that kind of play, especially since I'm a novice at anal. I also confessed I've been dealing with some GI issues. He made it clear that he eventually wants to fuck my ass with his giant cock, and he seems to think I'm just making excuses, and not trying hard enough. Which, to be fair, I haven't done much solo exploration with plugs. And while he hasn't been forceful, he mentioned that not progressing with anal could be a dealbreaker for him. Is that fair? Can anal really be a dealbreaker? How do I navigate this without compromising my comfort while still being a good partner?

— Advice Negotiating Anal Leeway

Anal can be a dealbreaker — anything can be a dealbreaker — and Liz Lemon never said dealbreakers had to be fair. But dealbreakers cut both ways. Meaning, your partner is free to say, "I'm gonna break up with you if I can't fuck your ass with my giant dick," ANAL, but you're free to say to him, "If you pressure me to do things that don't feel good — and trying to shove a plug in my ass without warning did not feel good — I'm gonna dump your ass before we can figure out whether your dick feels good in mine."

As prices of admission go, ANAL, having butt sex that doesn't feel good is too steep a price to pay. Going without anal sex, on the other hand, is a price many have paid to be with someone they loved. If your "amazing" new partner with the giant dick isn't willing to contemplate going without anal for you — if he can't even entertain paying that price of admission — he probably doesn't deserve your ass.

P.S. To make someone feel excited about exploring anal sex — to get them to open up — you have to make them feel physically and emotionally safe. Shoving a toy into someone's ass without warning is a great way to make them feel physically unsafe; threatening to break up with someone if they can't take your giant dick up their ass is a great way to make them feel emotionally unsafe. If your boyfriend can't see that he's doing this all wrong, ANAL, it's not just your ass he can't be trusted with.

Got problems? Yes, you do!

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SAVAGE Love

BY DAN SAVAGE

I'm a queer cis woman in my late 30s with a problem: I don't like having my pussy eaten. This isn't about me being uncomfortable with the way my pussy looks or smells or tastes. I just don't like the sensation. At best, I get close but eventually plateau, which is frustrating. At worst, it feels slimy, like a slug exploring my genitals. Also, being on my back with my knees up reminds me of being at the gynecologist, which is not sexy. In the end, it's just not my thing. But the actual problem for me is modern men. They are obsessed with eating pussy and get very pouty when you don't think it's the best. I like plenty of other things — being held and talked dirty to, light teasing with their mouths, fingering, etc. — but they all want to get me off orally. I get a lot of, "You just haven't had it done right," or, "Wait until I do it for you," and then they get mad when (surprise!) I don't like this thing I don't like. I tried dating a couple of men who "don't eat pussy," but those men didn't seem to care at all about getting a woman off. And while I'm queer, it feels like cunnilingus is even more important when you're hooking up with other women/AFABs. Honestly, I feel like faking it with new partners and enjoying my actual orgasms alone would be easier than opening about this to new people. Being treated like a freak has turned sex, which is supposed to be fun, into something that makes me feel bad about myself.

Any advice would be appreciated. At the very least, Dan, maybe you could make a public service announcement telling people that being GGG for a cis woman doesn't just mean eating her pussy, it means showing a genuine interest in who she is as an individual sexual being.

— Wish I Liked Licks

Let's get that PSA out of the way: Not everyone likes receiving oral! There are cis men who don't like having their cocks sucked! There are cis women who don't like having their pussies eaten! There are trans men who don't like having their neophalluses sucked and trans women who don't like having their cocks sucked or their neovaginas eaten and enbies who don't like having their genitals — whatever form they take — licked or sucked! People are allowed to dislike things! Even things you're good at! Even things most people like! Being GGG means listening to people when they tell you what they like! And doing those things! If they're things you like, too! It's really not hard! I hope that helps, WILL, but since PSAs never reach 100 percent of their target demo, you'll still have to tell new partners you dislike

receiving oral sex. Which means, if you don't wanna spend the rest of your life faking orgasms before sneaking away to get yourself off (which sounds worse than having to explain that receiving oral isn't what you want), you're gonna have to use your words. Pro-tip: don't string weak-ass words together into mealymouthed statements like, "Sometimes I get close from oral, but I've never gotten off from oral and there are other things we could do if that's OK?" The kind of guys you wanna fuck — who are, ironically enough, the kind of guys who do wanna eat pussy — are highly likely to interpret a statement like that as a cry for help. Many of them may have been with women in the past who were uncomfortable with their own genitals and/or had never been with a guy who loved eating pussy, WILL, and thanks to their persistence — in offering oral over and over again — dozens or hundreds of other women overcame their hangups and discovered that they loved being on the receiving end of oral sex. That is how it sometimes goes down. But that's not how it's gonna go down for you.

You don't have issues with how your pussy looks, smells or tastes and you've been with plenty of men who loved eating pussy. You've given it a try... again and again and again... and it's not for you. So, when you're with a new sex partner, WILL, you need to hammer that point home with a clear and emphatic statement like this: "You're one of the good guys — I hate straight guys who don't go down on women — but plenty of people who were really good at eating pussy have gone down on me and it does nothing for me. Not only doesn't it turn me on, it turns me the fuck off. And that's not what either of us is here for. So, about those fingers of yours..."

Zooming out for a second, WILL, you say you're frustrated by modern men who seem to believe eating pussy is synonymous with meeting a woman's needs — and you're proof that isn't true for all women — but you've found that retrograde men who loudly refuse to eat pussy are worse, as those men don't care about getting a woman off.

I have some good news for you, WILL: your choices aren't limited to guys who won't shut up about how much they love eating pussy and guys who won't shut up about how much they hate it. Because mixed into the pile of modern men who seem obsessed with eating pussy, WILL, you will find a small number of modern men who are only pretending to be obsessed. And in that pile of queer women (and AFABs) you might wanna fuck or date, WILL, you will find a small number of women (and AFABs) who enjoy everything about sapphic sex except the eating pussy part.

The kind of partner you want is someone who goes through the motions of pushing back when you say you don't want to receive oral sex ("Wait until I do it for you!") but who doesn't push back for long. In other words, WILL, you want someone who's relieved to learn they don't have to eat your pussy but whose relief isn't obvious. If you can own that — if you can admit to wanting a partner who either wants to eat your pussy but doesn't insist on it or someone does a very good impression of someone who wants to eat your pussy — you'll have an easier time tolerating the pushback you're inevitably going to receive when you share this fact about yourself.

Because that pushback is a good sign, WILL, a sign that this person

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Eugene Weekly wants short reader-submitted stories about the times you did some stoner shit.

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IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR LANE COUNTY FOR LANE COUNTY, SHADOW HILLS COUNTRY CLUB, INC., an Oregon nonprofit corporation Plaintiff, v. JON HARATYK; Defendant. Case No. 24CV28949 SUMMONS TO: DEFENDANT JON HARATYK IN THE NAME OF THE STATE OF OREGON: You are hereby required to appear and defend the Complaint filed against you in the above case within thirty days after the first date of publication of this summons, and if you fail to appear and defend, the Plaintiff will apply to the court for the relief demanded in the Complaint. The object of the Complaint and the demand for relief are: The Plaintiff seeks breach of contract for unpaid membership payments as described in the Complaint in the principal amount of \$17,324.68, plus interest, attorney's fees, and costs. NOTICE TO DEFENDANT: READ THESE PAPERS CAREFULLY! You must "appear" in this case or the other side will win automatically. To "appear" you must file with the court a legal paper called a "motion" or "answer". The "motion" or "answer" must be given to the court clerk or administrator within 30 days of the date of first publication specified herein along with the required filing fee. It must be in proper form and have proof of

service on the plaintiff attorney or, if the plaintiff does not have an attorney, proof of service on the plaintiff. If you have questions, you should see an attorney immediately. If you need help in finding an attorney, you may call the Oregon State Bar's Lawyer Referral Service at (503) 684-3763 or toll-free in Oregon at (800) 452-7636. HERSHNER HUNTER, LLP Logan J. Perrier Naccarato, OSB 203150 LNaccarato@hershnerhunter.com Of Attorneys for Plaintiff P.O. Box 1475 Eugene, Oregon 97440 Telephone: (541) 686-8511 First Publication Date: August 8th, 2024

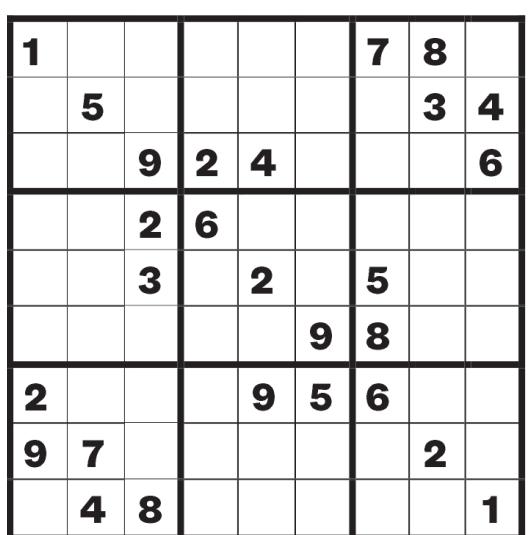
IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR THE COUNTY OF LANE MARCO A. INGA Plaintiffs, vs. NICOLE J. KIM Defendants. Case No. 24CV34929. SUMMONS TO: Nicole J. Kim or anyone Claiming any Right, Title, Lien or Interest in the Real Property Commonly Known as 3278 West 18th Street, Eugene, Oregon. IN THE NAME OF THE STATE OF OREGON: You are hereby required to appear and defend the action filed against you in the above-entitled cause within 30 days of the first publication from the date of service of this Summons upon you; and if you fail to appear and defend, for want thereof, Plaintiffs will

apply to the Court for the relief demanded therein. NOTICE TO DEFENDANT: READ THESE PAPERS CAREFULLY. Plaintiff seeks a judgment and decree quieting title, voiding the quitclaim deed recorded November 7, 2019, and declaring Plaintiff to be the sole and exclusive owner of the real property located at 3278 West 18th Street, Eugene, Oregon. You must "appear" in this case or the other side will win automatically. To "appear" you must file with the court a legal paper called a "motion" or "answer." The "motion" or "answer" must be given to the court clerk or administrator within 30 days of the first publication, specified herein, along with the required filing fee. It must be in proper form and have proof of service on Plaintiff's attorney. IF YOU HAVE ANY QUESTIONS, YOU SHOULD SEE AN ATTORNEY IMMEDIATELY. IF YOU NEED HELP IN FINDING AN ATTORNEY, YOU MAY CONTACT THE OREGON STATE BAR'S LAWYER REFERRAL SERVICE ONLINE AT WWW.OREGONSTATEBAR.ORG OR BY CALLING (503) 684-3763 (IN THE PORTLAND METROPOLITAN AREA) OR TOLL-FREE ELSEWHERE IN OREGON @ (800) 452-7636. Law Offices Of Brian Cox By: Brian D. Cox, OSB No. 902405 Attorney for Plaintiff 142 West 8th Ave. Eugene, OR 97401 (541) 683-7151 Date of First Publication: August 15th, 2024

TRUSTEE'S NOTICE OF SALE The Trustee under the terms of the Trust Deed described herein, at the direction of the Beneficiary, hereby elects to sell the property described in the Trust Deed to satisfy the obligations secured thereby. Pursuant to ORS 86.771, the following information is provided: PARTIES: Grantor: LORI MARIE CABE. Trustee: AMERITITLE. Successor Trustee: NANCY K. CARY. Beneficiary: THE TRUST GROUP INC. FBO PATRICIA DALTON IRA #7230010875, ASSIGNEE OF RODNEY A. DALTON, TRUSTEE OF THE RODNEY A. DALTON PENSION TRUST. DESCRIPTION OF PROPERTY: The real property is described as follows: All that portion of the following lying Northerly of the North boundary of County Road No. 944: Beginning at a point 415.1 feet South 89° 45' East from a point 165 feet North of the quarter section corner of the South line of Section 21, Township 16 South, Range 6 West, Willamette Meridian; thence South 89° 45' East 301.7 feet; thence North 1155 feet; thence North 89° 45' West 301.7 feet; thence South 1155 feet to the place of beginning, in the Southwest quarter of the Southeast quarter of Section 21 of said Township and Range, in Lane County, Oregon. RECORDING: The Trust Deed was recorded as follows: Date Recorded: August 1, 2000 Recording No. 2000-044104 Official Records of Lane County, Oregon. DEFAULT: The Grantor or any other person obligated on the Trust Deed and Promissory Note secured thereby is in default and the Beneficiary seeks to foreclose the Trust Deed for failure to pay: A partial payment of \$179.00 due January 1, 2018; plus monthly payments of \$280.00 each, due the first of each month, for the months of February 2018 through May 2024; plus late charges and advances; plus any unpaid real property

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taxes or liens, plus interest. AMOUNT DUE. The amount due on the Note which is secured by the Trust Deed referred to herein is: Principal balance in the amount of \$11,283.15; plus accrued interest of \$5,589.93 through February 28, 2024; plus accruing interest at the rate of 11.99% per annum from March 1, 2024; plus late charges of \$868.00; plus advances and foreclosure attorney fees and costs. SALE OF PROPERTY. The Trustee hereby states that the property will be sold to satisfy the obligations secured by the Trust Deed. A Trustee's Notice of Default and Election to Sell Under Terms of Trust Deed has been recorded in the Official Records of Lane County, Oregon. TIME OF SALE. Date: October 24, 2024. Time: 11:00 a.m. Place: Lane County Courthouse, Front Entrance, Inside by Security, 125 E. 8th Avenue, Eugene, Oregon 97401. RIGHT TO REINSTATE. Any person named in ORS 86.778 has the right, at any time that is not

later than five days before the Trustee conducts the sale, to have this foreclosure dismissed and the Trust Deed reinstated by payment to the Beneficiary of the entire amount then due, other than such portion of the principal as would not then be due had no default occurred, by curing any other default that is capable of being cured by tendering the performance required under the obligation or Trust Deed and by paying all costs and expenses actually incurred in enforcing the obligation and Trust Deed, together with the trustee's and attorney's fees not exceeding the amount provided in ORS 86.778. NOTICE REGARDING POTENTIAL HAZARDS. (This notice is required for notices of sale sent on or after January 1, 2015.) Without limiting the trustee's disclaimer of representations or warranties, Oregon law requires the trustee to state in this notice that some residential property sold at a trustee's sale may have been used in manufacturing metham-

phetamines, the chemical components of which are known to be toxic. Prospective purchasers of residential property should be aware of this potential danger before deciding to place a bid for this property at the trustee's sale. You may reach the Oregon State Bar's Lawyer Referral Service at 503-684-3763 or toll-free in Oregon at 800-452-7636 or you may visit its website at: www.osbar.org. Legal assistance may be available if you have a low income and meet federal poverty guidelines. For more information and a directory of legal aid programs, go to http://www.oregonlawhelp.org. Any questions regarding this matter should be directed to Lisa Summers, Paralegal, (541) 686-0344 (TS #31405.37). DATED: June 4, 2024. Nancy K. Cary, Successor Trustee, Hersher Hunter, LLP, P.O. Box 1475, Eugene, OR 97440. First published on August 15th, 2024 to run through September 5th, 2024.

UNCLAIMED PROPERTY NOTICE Items to be posted 8/16/2024 and will be sent to auction, destruction, or charity after 30 days. UNCLAIMED PROPERTY NOTICE is hereby given that the City of Eugene Police Department has in its physical possession the unclaimed personal property described on the Police Website under the Auction tab under Contacts and Services and posted in written form at three public locations. The addresses are: 300 Country Club Road, 960 Olive Street, & 125 E 8th Ave. If you have any ownership or security interest in any of the unclaimed property listed in this notice, you must file a claim with the City of Eugene Police Department within 30 days from the date of publication of this notice, or you will lose your interest in that property. You may claim property by calling the Evidence Control Unit (ECU) for an appointment at 541-682-2814, 8:00 a.m. to 5:00 p.m., Monday, Wednesday, Thursday or Friday, except on holidays. You must make an appointment and bring supporting documentation of your ownership or security interest, with valid photo identification for the property to be released.

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BY MATT JONES

Across

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- 16. Type of colony
- 17. Longer shift, maybe
- 18. Speechify
- 19. ___-Ball (arcade game)
- 20. 1959 Günter Grass novel with narrator Oskar Matzerath
- 22. Perfume base
- 24. Coworker of Knope and Swanson
- 25. John Lee Hooker blues classic of 1962
- 28. Key in the corner
- 31. Willing to speak up
- 34. Golf equipment
- 35. Mil. address
- 36. "Hey there, sailor!"

37. Culotte-like

portmanteau

61. Foreshadowed

62. Pop star who recently

tweeted "kamala IS brat"

Down

1. Some PC hookup systems

2. Actress Henningesen of

"Hazbin Hotel"

40. Ancient bread grain

41. Precipitous

42. Approximate weight of a

newborn gray whale calf

44. "Kiko and the Lavender

Moon" band

45. Poet Gil ___-Heron

47. "When I was a lad I

served ___" (naval-based

Gilbert & Sullivan lyric)

50. Commences nagging

54. Unaltered, in a way

56. Rentable

57. Almost

59. Playground marble

60. "Yes, that's my answer,

100%"

61. Owing

13. 2000s Russian music duo who teased onstage

kisses

14. Silver or gold, for short

21. Words of refusal

23. CompuServe

competitor, once

26. Meathead's real name

27. Footage that's not the

main action

29. Small quarrel

30. Subgenre of mystery

books usually set in a small

community

31. Colossal

32. State that means

"weird," in Gen Z slang

33. Side that may involve

elote

37. Acne, outside the U.S.

38. Quattroporte maker

40. Like some serving

spoons

41. Very in

44. Friendly talk

46. Zeus's island birthplace

48. Unwind

49. Like the acid in apples

50. Movie franchise within

the "Scream" movie

franchise

51. Nation tucked between

Benin and Ghana

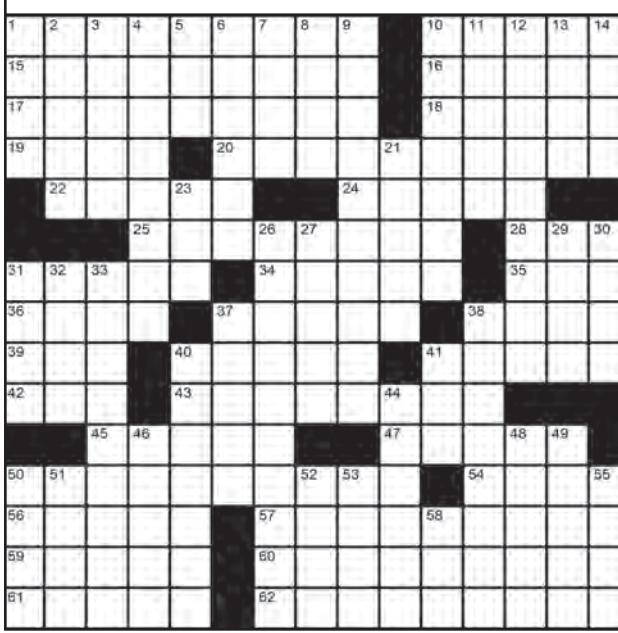
52. "The Secret of ___" (1982

animated film)

53. Two-tone mammal

55. Minnesota WNBA team

58. Address bar address



ANSWERS TO LAST WEEK'S CROSSWORD:
1. JAMS, 2. CST, 3. BIKINI, 4. SLAM, 5. AWE, 6. ADONIS, 7. BLUESMAN, 8. TENDOT, 9. NOVELLETTE, 10. ABE, 11. SITE, 12. ARCH, 13. DELUXES, 14. UTAH, 15. GQS, 16. FAT, 17. SNAPE, 18. NEUTRO, 19. DUTY, 20. NEXTROUNDISONME, 21. OHIO, 22. ONE, 23. ANDYS, 24. DRO, 25. ANIARTS, 26. KUMQUATTREE, 27. PBS, 28. ABS, 29. SUMMERRALL, 30. CUTEEST, 31. CLINIQUE, 32. OSIRIS, 33. KEN, 34. CURD, 35. ECTECT, 36. STD, 37. KISS.

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FREE WILL Astrology

BY ROB BREZSNY

ARIES (March 21-April 19): Years ago, when I worked as a postal delivery person in Santa Cruz, California, I mastered my route quickly. The time allotted to complete it was six hours, but I could easily finish in four. Soon I began to goof off two hours a day, six days a week. Many great works of literature and music entertained me during that time. I joined a softball team and was able to play an entire game each Saturday while officially on the job. Was what I did unethical? I don't think so, since I always did my work thoroughly and precisely. Is there any comparable possibility in your life, Aries? An ethical loophole? A workaround that has full integrity? An escape clause that causes no harm?

TAURUS (April 20-May 20): From an astronomer's perspective, Uranus is huge. Sixty-three Earths could fit inside of it. It's also weirdly unique because it rotates sideways compared to the other planets. From an astrologer's point of view, Uranus symbolizes the talents and gifts we possess that can be beneficial to others. If we fully develop these potentials, they will express our unique genius and be useful to our fellow humans. It so happens that Uranus has been cruising through Taurus since 2018 and will mostly continue there until 2026. I regard these years as your best chance in this lifetime to fulfill the opportunities I described. The coming weeks will be especially pregnant with possibilities.

GEMINI (May 21-June 20): Mountaineer Edmund Hillary is renowned as the first person to climb to the summit of Mt. Everest. It happened in 1953. Less famous was his companion in the ascent, Gemini mountaineer Tenzing Norgay. Why did Hillary get more acclaim than Norgay, even though they were equal partners in the monumental accomplishment? Was it because one was a white New Zealander and the other a brown Nepalese? In any case, I'm happy to speculate that if there's a situation in your life that resembles Norgay's, you will get remediation in the coming months. You will receive more of the credit you deserve. You will garner the acknowledgment and recognition that had previously been unavailable. And it all starts soon.

CANCER (June 21-July 22): As an American, I'm embarrassed by the fact that my fellow citizens and I comprise just four percent of the world's population but generate 20 percent of its garbage. How is that possible? In any case, I vow that during the next five weeks, I will decrease the volume of trash I produce and increase the amount of dross I recycle. I encourage you, my fellow Cancerians, to make a similar promise. In ways that may not be immediately imaginable, attending to these matters will improve your mental health and maybe even inspire you to generate an array of fresh insights about how to live your life with flair and joy.

LEO (July 23-Aug. 22): The coming weeks will be a wonderful time to waste time on the internet. If you are properly aligned with cosmic rhythms, you will spend long hours watching silly videos, interacting with friends and strangers on social media, and shopping for products you don't really need. Just kidding! Everything I just said was a dirty lie. It was designed to test your power to resist distracting influences and mediocre advice. Here's my authentic counsel, Leo. The coming weeks will be a fantastic phase to waste as little time as possible as you intensify your focus on the few things that matter to you most.

VIRGO (Aug. 23-Sept. 22): Scientific research suggests that brushing and flossing your teeth not only boosts the health of your gums, but also protects your heart's health. Other studies show that if you maintain robust microbiota in your gut, you're more likely to avoid anxiety and depression as you nurture your mental health. The coming weeks will be a favorable time to focus on big-picture thoughts like these, Virgo. You will be wise to meditate on how each part of your life affects every other part. You will generate good fortune as you become more vividly aware and appreciative of the intimate interconnectedness that underlies all you do.

LIBRA (Sept. 23-Oct. 22): The official term for the shape of a single piece of M&M candy is "oblate spheroid." It's rounded but not perfectly round. It looks like a partially squashed sphere. An Iraqi man named Ibrahim Sadeq decided to try the difficult task of arranging as many M&M's as possible in a vertical stack. He is now the world's record holder in that art, with seven M&M's. I am imagining that sometime soon, Libra, you could achieve a comparable feat in your own domain. What's challenging but not impossible?

SCORPIO (Oct. 23-Nov. 21): I've heard many people brag about their hangovers. The stories they tell are often entertaining and humorous. One of my best laughs emerged in response to two friends describing the time they jumped on the roof of a parked Mercedes Benz at 3 am and sang songs from Verdi's opera *Falstaff* until the cops came and threw them in a jail cell with nothing to eat or drink for 10 hours. In accordance with astrological omens, Scorpio, I ask you to *not* get a hangover in the coming weeks, even an amusing one. Instead, I encourage you to studiously pursue extreme amounts of pleasurable experiences that have only good side effects.

SAGITTARIUS (Nov. 22-Dec. 21): Most famous musicians demand that their dressing rooms be furnished with specific amenities. Beyoncé needs rose-scented candles. Rihanna expects her preparatory sanctuary to have dark blue or black drapes topped with icy blue chiffon. Eminem insists on a set of 25-pound dumbbells, and the hip-hop duo Rae Sremmurd wants Super Soaker water guns. Since the coming weeks may be as close to a rock star phase of your cycle as you've ever had, I recommend you create a list of your required luxuries. This imaginative exercise will hopefully get you in the mood to ask for exactly what you need everywhere you go.

CAPRICORN (Dec. 22-Jan. 19): Sleep deprivation is widespread. I see it as a pandemic. According to some studies, over half the people in the world suffer from insomnia, don't get enough sleep or have trouble falling asleep or staying asleep. Most research on this subject doesn't mention an equally important problem: that many people aren't dreaming enough. And the fact is that dreaming is key to our psychological well-being. I bring this to your attention, Capricorn, because the coming weeks will be a favorable time to enhance your relationship with sleep and dreams. I encourage you to learn all you can and do all you can to make your time bed deeply rejuvenating.

AQUARIUS (Jan. 20-Feb. 18): Only 47 people live on the volcanic Pitcairn Islands, which are located in the middle of nowhere in the South Pacific Ocean. Pollution is virtually non-existent, which is why the honey made by local bees is the purest on the planet. In accordance with astrological omens, I'd love for you to get honey like that in the coming weeks. I hope you will also seek the best and purest of everything. More than ever, you need to associate with influences that are potent, clear, genuine, raw, vibrant, natural and full-strength.

PISCES (Feb. 19-March 20): Many Indigenous people in North America picked and ate wild cranberries. But farm-grown cranberries available for commercial use didn't appear until 1816. Here's how it happened. In Cape Cod, Massachusetts, a farmer discovered a secret about the wild cranberry bog on his land. Whenever big storms dumped sand on the bog, the fruit grew with more lush vigor. He tinkered with this revelation from nature and figured out how to cultivate cranberries. I recommend this as a teaching story, Pisces. Your assignment is to harness the power and wisdom provided by a metaphorical storm or disturbance. Use it to generate a practical innovation in your life.

Homework: What do you want but think you're not supposed to want? Newsletter.FreeWillAstrology.com

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McDONALD THEATRE

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IS BETTER
LIVE



SUNDAY! AUG 18 |



SEP 6 | MAMMOTH NORTHWEST



SEP 13 |



SEP 27 |



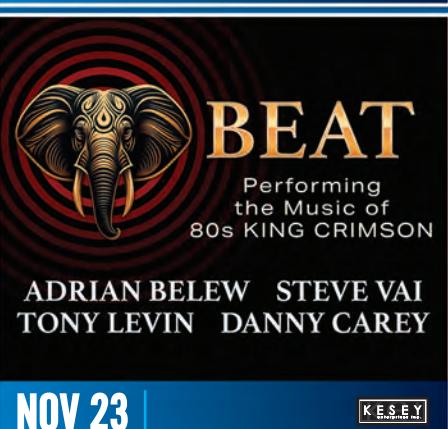
OCT 2 |



OCT 4 | RED CUBE



OCT 16 | Ages 18+ | Outback



NOV 23 |

OTHER UPCOMING EVENTS: 9/8 OHGEESY • 9/15 Tycho • 9/20 Peekaboo • 9/21 Celtic Thunder • 9/23 Hot Tuna • 9/24 Ricky Montgomery • 10/5 Badflower • 10/12 Less Than Jake • View all events at McDonaldTheatre.com



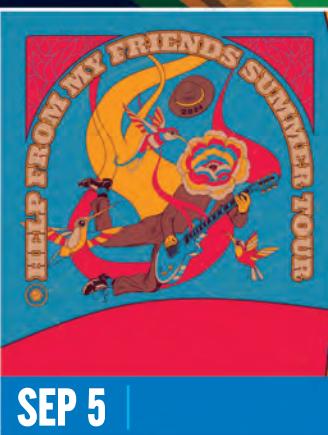
EMERALD
BROADBAND



AUG 25 | MAMMOTH NORTHWEST



SEP 4 | MAMMOTH NORTHWEST



SEP 5 | MAMMOTH NORTHWEST



SEP 8 | MAMMOTH NORTHWEST



SEP 12 | MAMMOTH NORTHWEST

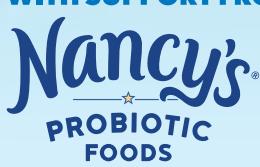


SEP 21 | MAMMOTH NORTHWEST



SEP 24 | MAMMOTH NORTHWEST

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